

LH

Sewing Guidelines

Sewing Area Setup

- Wash hands before sewing.
- Organize work area.
- Adjust lighting.
- Set up machine.
- Put items away promptly.
- Clean up your sewing area before leaving.



Sewing Smart: Safety

- *Pins*—Keep in pincushions or your fabric. No loose pins!
- *Shears & Scissors*—Keep closed and on the table when not in use.
- *Seam Ripper*—Cut away from yourself when using. Keep away from your eyes!
- *Iron*—Hold by handle only; keep face and fingers away from steam. Rest iron on its heel, not flat down on its soleplate. Turn off iron before leaving sewing area.
- *Sewing Machine*—Use slow speed when first learning to operate. Keep your fingers away from the needles. Follow cleaning and maintenance schedules as noted in owner's manual.

Sewing Terms

- *Backstitch*—The reverse stitch on the sewing machine, used at the beginning and ending of a seam.
- *Baste*—A long temporary stitch done by hand or machine.
- *Grain*—The lengthwise and crosswise threads of a fabric.
- *Guide Sheet*—The instruction sheet that explains how a sewing project is constructed.
- *Marking*—Transferring pattern details to fabric from the pattern.
- *Notions*—Small items used in sewing, such as thread, buttons, elastic, snaps, etc.
- *Pivot*—To change the direction of the machine stitching by turning the fabric while the needle is still in the fabric.
- *Seam Allowance*—The amount of fabric from the cut edge to the seam line.
- *Seam Line*—The line on which the seam is stitched.
- *Selvage*—The finished edge of woven fabrics that runs parallel to the lengthwise grain.