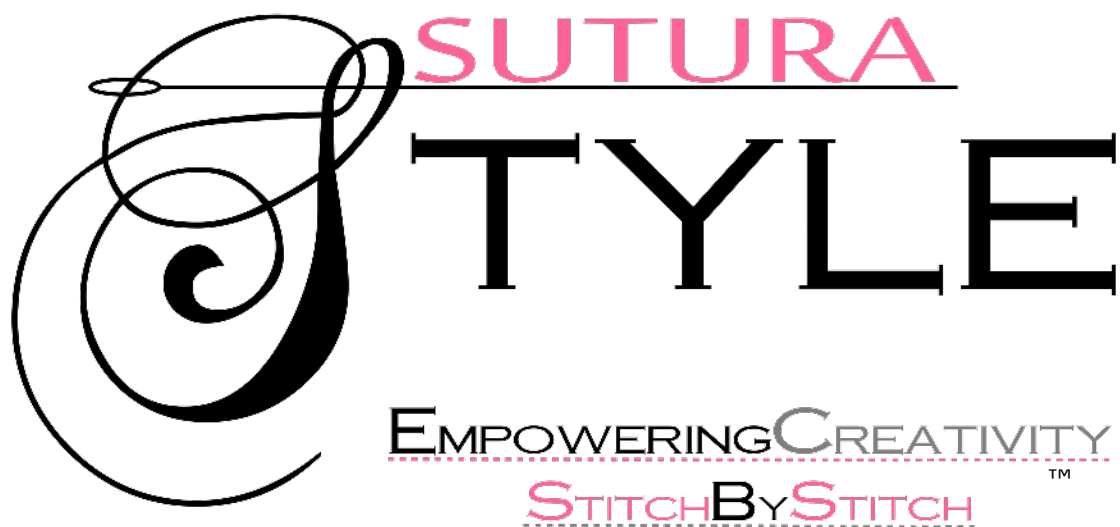




Sew Like a Pro Series Reference Booklet

## Successful Stitches





# *The Sutura Style Learn to Sew Series*

## Successful Stitches

Student Reference Booklet

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*Also available from The Sutura Style Series: Sew Like A Pro, Let's Sew Cosplay, Sutura Globally, Sutura Start, Sutura Menswear, The Sewist Tote, Sweetheart Scissors, and The Sutura Organizer: Memphis Edition.*

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# ***Introduction & Acknowledgements***

This booklet is designed to be used by novice and beginner sewists and serves as a basic introduction to the world of basic sewing stitches and threads.

The knowledge contained here is the result of many years of sewing experience and it is my hope that you will benefit from it.

This guide would not be possible without the kind assistance of David Akhamzadeh, President and Founder of Golden Cutting & Sewing Supplies.














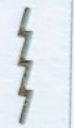

Finally a big shout out to Jordan Albert, co-owner of Designer Sewing Center for helping with the photographs and to Goku, the Couture Kitty, whose company makes writing and sewing an even greater joy.



The Thread Color Chart photographs are courtesy of GoldStarTool.com and Golden Cutting & Sewing Supplies, 921 E. 8th Street, Los Angeles, CA 90021, 1-800-868-4419 and are used with permission. The stitch charts are courtesy of Juki America and used with permission.

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# BASIC SEWING STITCHES

	Shell tuck	12
	Blind stitch Used for flexible material	11
	Blind stitch Used for lightweight material	10
	Ornamental pattern	9
	Overcasting stitch Used for flexible material	8
		
		
	Overcasting stitch Used for lightweight material	
	Overcasting stitch	6
	Two point zig zag	5
	Three point zig zag	4
	Zigzag stitch	3
		
	Straight stitch for elastic	2
	Straight stitch	1

1. The Straight Stitch: Used for sewing seams. Start and end a seam with backstitches.
2. Straight Stitch for Elastic: Also called the “Elastic Stitch” or “Lightning Stitch” for it’s shape. If your machine does not have this stitch then use Stitch 4.
3. Zigzag Stitch: Used to attach hem lace to the raw edges of the slit on the skirt project and to finish raw edges of seams
4. 3-Point or 3-Step Zigzag: Used for attaching elastic to the garment fabric.
5. 2-Point or 2-Step Zigzag: Also may be used for attaching elastic to the garment fabric.
6. Overcasting Stitch: Used to finish the raw edges of seams. Be sure to attach the overcasting foot and adjust the machine settings prior to stitching. Your machine settings are in the operating manual that came with your machine.
7. Overcasting Stitch: Lightweight fabric setting. Seldom used
8. Overcasting Stitch: Used for knit fabrics.
9. Ornamental Pattern: Actually a reverse of the overcasting stitch.
10. Blind Hem Stitch: Used to create a professional finish on light to medium weight garments.
11. Blind Hem Stitch for Knits: Used as above for lightweight knit fabrics
12. Shell tuck: A stitch that can be used to create soft, pretty shell hems on very lightweight fabrics such as lingerie, blouses and dresses.












# BUTTONHOLES




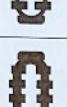



A cardinal sign of a well-made garment, professional buttonholes are simple to stitch with modern machines.

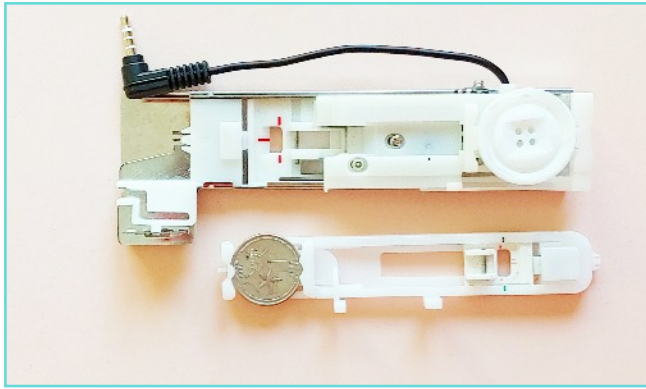
Buttonholes come in three basic shapes. As shown, they are:

- Standard or Square
- Rounded
- Keyhole

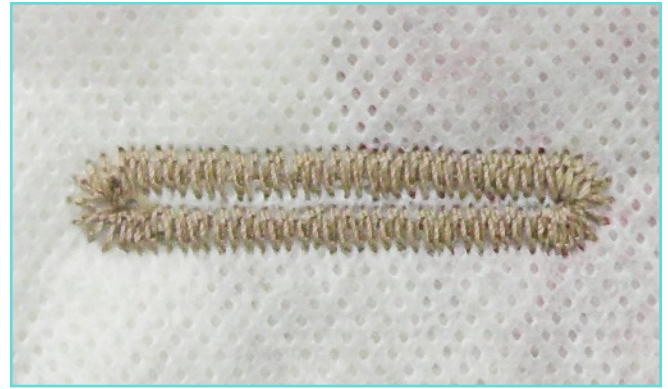
Each style has a specific purpose and function. Use the Buttonhole Charts, created by Juki for the HZL-DX7 computerized sewing machine, as a reference.

	Standard buttonhole	Buttonhole for medium to heavy weight materials Standard buttonhole
		Stitch length is larger. Buttonhole for heavy weight materials
		Sews buttonhole double
		Manual 2-step buttonhole Use this buttonhole, when there is an overlapped section in the fabric or when you want to sew larger buttonhole than 3.2 cm diameter. (Refer to page 55)
	Rounded end	Buttonholes for women's blouses and children's clothes. Also for light weight materials
		
	Keyhole	Keyhole buttonhole for heavy weight materials such as suits, jackets, coats, etc.
		Round keyhole
		Large and thick keyholes for heavy weight materials

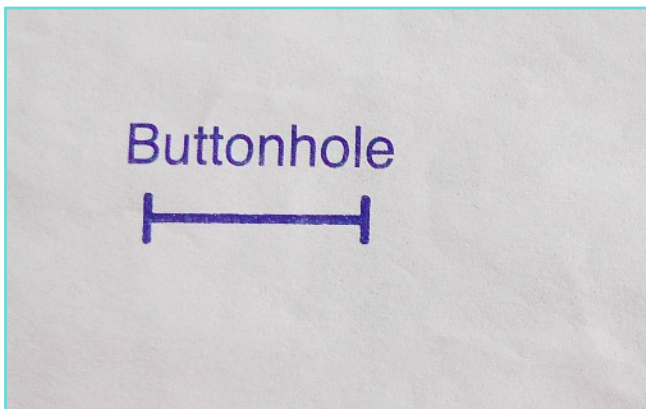
	For knit	Buttonhole for light weight knit (also used as decorative buttonhole)
		Buttonhole for medium weight knit (also used as decorative buttonhole)
		Buttonhole for light weight knit Sews buttonhole double
		Buttonhole for medium weight knit Sews double buttonhole
	Decorative	Decorative buttonholes Decorative buttonhole which look like hand-sewn
		
		



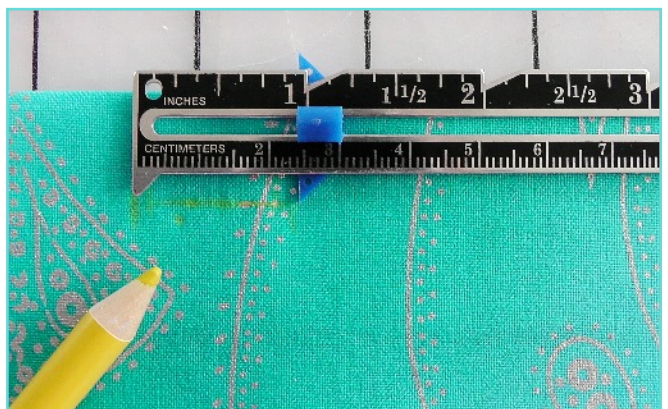
There are several types of buttonhole feet. In all cases, to sew an automatic one-step buttonhole place a button in the carrier at the back. Attach the foot to your machine.



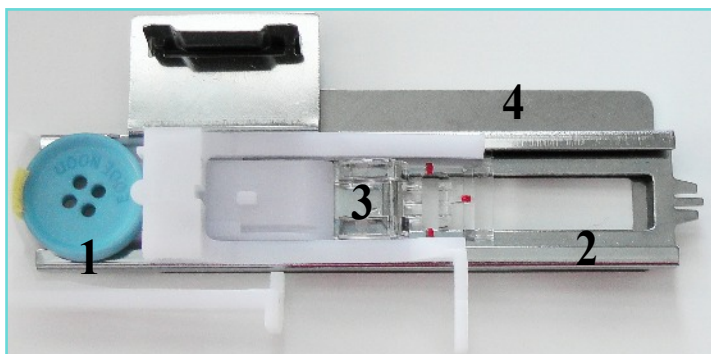
Prior to sewing on your garment, stitch a sample of the style of buttonhole you desire. Adjust the tension, stitch length and width if necessary. Some machines automatically adjust.



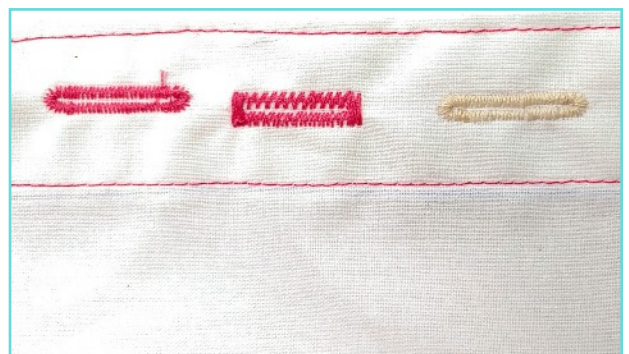
Use the markings on the pattern as a guide for buttonhole placement. A sewing gauge, shown right, is used to measure the pattern buttonhole and then transfer it to the garment.



Use a dressmaker's pencil or other washable marking tool to transfer the buttonhole guide to the fashion fabric. Most patterns call for interfacing underneath a buttonhole. Use stabilizer if the pattern does not require interfacing.

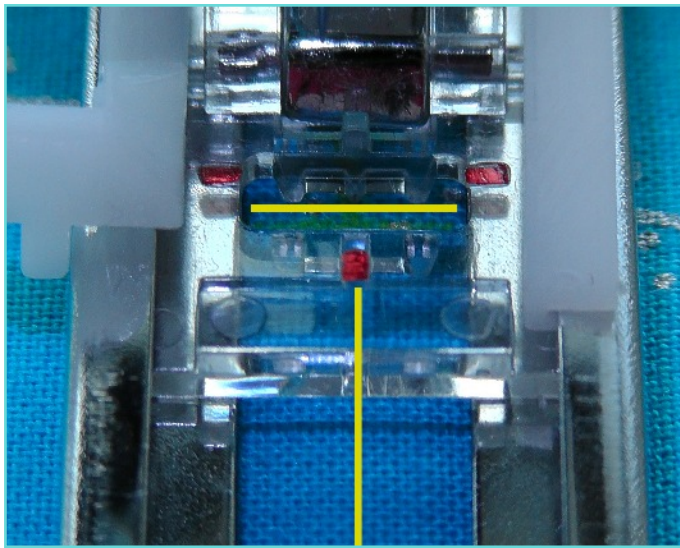


The buttonhole foot has a button carrier at the back (1), a long plate (2), a moveable foot (3). On some models, a fabric plate (4) is also available.



It is a good idea to play with your machine and test out several styles of buttonholes. Create a buttonhole sampler by stitching the buttonholes and writing on the fabric the settings you used. Keep this as a handy reference

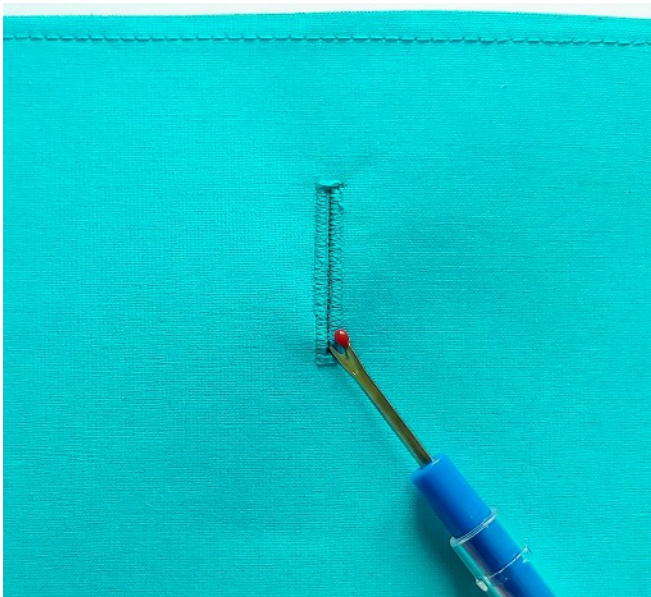




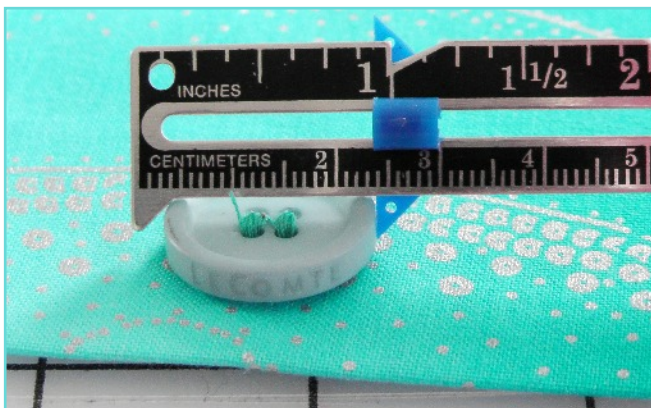
Align the opening with the end of the buttonhole. The machine will sew backwards first.



Stitch the buttonhole. The machine should slow down or stop at the end.



Use a seam ripper to carefully open the buttonhole. Place the point in at one end and cut to the center. Turn and cut from the other side.



Hand stitch or machine stitch the button in place.





# THREAD TYPES

When selecting thread for sewing clothing, 100% polyester, all-purpose thread is the best choice to start with. As your sewing repertoire increases, knowledge of other thread fibers and types will become necessary. Below is an introduction to the four major thread fibers. Generally, when selecting threads, match the thread fiber content to that of your fabric. For example, when sewing natural fibers such as silk, rayon and cotton, use cotton thread.



## **Cotton**

Cotton thread is available in a series of weights, finishes and plies. It is ideally suited to general-purpose sewing on cotton, silk or rayon fabric, quilting, and decorative top stitching. The main advantages of using cotton thread are that it will shrink with your garment, and is soft enough not to tear natural fibers.



## **Polyester**

Use 100% polyester thread for sewing clothing, light-use home décor projects, and with an Overlock Machine. The strong, smooth fibers will last through many years of use and cleaning without shrinking. Lustrous machine embroidery thread is also made out of polyester and is often preferred for its high tensile strength over Rayon.



## **Rayon**

Rayon thread is best known for the depths of color and the lustrous sheen that can be achieved. This thread is best used for decorative projects, satin stitching and machine embroidery. It can also be used for fancy buttonholes or basting in place of silk.



## **Nylon**

The most versatile of all man made thread fibers, nylon can be either transparent and thin or heavy and textured. When made as a single ply thread, it can be so thin as to appear invisible. Use transparent nylon for creating invisible hems. Bulky or “wooly” nylon is a textured thread that is used with a coverhem stitch made with a Cover Stitch Machine.



# THREAD WEIGHTS AND PLIES

The thread weight system uses metric as a means of measurement. Generally, in the United States, thread weight is denoted in one or more ways as shown:

1) 50 wt. 2) 50/3 3) Size 50 4) Tex 50

The example above uses 50-weight cotton quilting thread to illustrate how the weight information may appear on the thread label. Lower numbers indicate heavier thread. The weight of the thread is determined by the number of meters needed to obtain one gram of thread. So, the 50 weight thread example means that 50 meters of thread equals 1 gram.

A ply refers to a single strand of fiber, such as cotton, that is spun to create thread.

Threads used for home sewing consist of 1-3 plies. Since it is not mandatory to declare the thread weight, or the number of plies on the label, shopping for thread can be confusing. Below is a basic chart to help you with your thread selections.

Project	Thread Weight	Thread Plies	Tex
General Sewing	40 wt	3	30
Heirloom Sewing	50 wt	3	15-23
Serger/Overlock	40 wt	2	27 Polyester/24-30 Nylon
Machine Embroidery	40 wt	2	24
Quilting	50 wt	3	30
Home Décor	20-30 wt	3	30-60
Bobbins	60 wt	2	10



# NOVELTY THREADS

Playing with thread can be inspiring and a lot of fun! Thread painting, bobbin work, decorative stitches and beautiful seam edging are all possible with novelty threads. Here are a few ideas:



1) Hand wind embroidery floss onto a empty thread spool. Use it to thread the upper looper of your serger. Increase the stitch length to the maximum your machine will allow and decrease the tension. Using a three thread overlock stitch, create a beautiful edging stitch for garments and home décor items.



2) Try Bobbin Work. Wind or hand wind heavy rayon or metallic onto the bobbin of your sewing machine. Reduce the bobbin tension and select a light, open decorative stitch or use a straight stitch. *Sew with the right side down.* The decorative stitching is formed with the bobbin thread.

3) Create perfect rolled hems to edge necklines, armholes and the bottom edges of athletic wear by using elastic. Although not technically a thread, it is a great notion to have on hand for creating a fine, professional finish. Use the rolled hem setting on a serger or a narrow satin stitch on a sewing machine to create this effect. Simply place the elastic cording along the edge of the garment. As you sew, ensure that the stitching encases the elastic, stretching it slightly as you stitch. Tops, bralettes and more will sit smoothly on the body and move with you!

















