

# IPPE

INTEGRATED  
POST PRIMARY  
EDUCATION

## TAILORING AND NEEDLEWORK

Module 3

### Making Parts of Garments



Institute of Adult Education  
Integrated Post Primary Education Programme

# TAILORING AND NEEDLE WORK

## Making Parts of Garments



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## About this module

This module has been produced by Institute of Adult Education. All modules produced by Institute of Adult Education are structured in the same way, as outlined below.

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## How this module is structured

### The module overview

The module overview gives you a general introduction to the module. Information contained in the module overview will help you determine:

- If the module is suitable for you.
- What you will already need to know.
- What you can expect from the module.
- How much time you will need to invest to complete the module.

The overview also provides guidance on:

- Study skills.
- Where to get help.
- Module Unit assignments.
- Activity icons.
- Units.

We strongly recommend that you read the overview carefully before starting your study.

### The module content

The module is broken down into units. Each unit comprises:

- An introduction to the unit content.
- Learning outcomes.
- New terminology.



- Core content of the unit with a variety of learning activities.
- Unit reflection.
- Unit assignments.

## Resources

For those interested in learning more on this subject, we provide you with a list of additional resources at the end of this module, these may be books, articles or web sites.

## Your comments

After completing this module we would appreciate it if you would take a few moments to give us your feedback on any aspect of this module. Your feedback might include comments on:

- Module content and structure.
- Module reading materials and resources.
- Module Unit assignments.
- Module duration.
- Module support (assigned tutors, technical help, etc.)

Your constructive feedback will help us to improve and enhance this module.

## Module overview

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### Welcome to this Module: Making Parts of Garments

Dear learner, you will find that most of details used in garment making explain themselves and need no further explanations. There are however, few terms occurring in instructions which may not be obvious (clear) to you as a beginner. Through this module, you will reach a point whereby you will acquire the basic knowledge and skills related to these terms. The module is composed of six units which are stitches, Seams, collar, sleeves, fasteners, and pockets.

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### General competence



Making parts of garments.

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### Study skills



As an out of school learner your approach to learning will be different to that from your school days: you will choose what you want to study, you will have professional and/or personal motivation for doing so and you will most likely be fitting your study activities around other professional or domestic responsibilities.

Essentially you will be taking control of your learning environment. As a consequence, you will need to consider performance issues related to time management, goal setting, stress management, etc. Perhaps you will also need to learn about essay planning, coping with exams and using the web as a learning tool.

Your most significant considerations will be *time* and *space* i.e. the time you dedicate to your learning and the environment in which you engage in that learning.

We recommend that you take time now before starting your self-study to familiarize yourself with these issues. There are a number

of excellent tools on the web. A few suggested links are:

- <http://www.how-to-study.com/>

The “How to study” web site is dedicated to study skills resources. You will find links to study preparation (a list of nine essentials for a good study place), taking notes, strategies for reading text books, using reference sources, test anxiety.

- <http://www.ucc.vt.edu/stdysk/stdyhlp.html>

This is the web site of the Virginia Tech, Division of Student Affairs. You will find links to time scheduling (including a “where does time go?” link), a study skill checklist, basic concentration techniques, control of the study environment, note taking, how to read essays for analysis, memory skills (“remembering”).

- <http://www.howtostudy.org/resources.php>

Another “How to study” web site with useful links to time management, efficient reading, questioning/listening/observing skills, getting the most out of doing (“hands-on” learning), memory building, tips for staying motivated, developing a learning plan.

The above links are our suggestions to start you on your way. At the time of writing these web links were active. If you want to look for more go to [www.google.com](http://www.google.com) and type “self-study basics”, “self-study tips”, “self-study skills” or similar.

---

## Do you need help?



Dear learner, in the course of your study, you may need help in various issues such as the location and how to get support from resource centres, clarification of various issues pertaining to your study materials (modules) and so on. If this happens, you are advised to ask for the help from your centre coordinator or facilitator, you can also visit the website of the Institute of Adult Education which is [www.iae.ac.tz](http://www.iae.ac.tz) or ask for help by using phone no +255 22 2150836

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## Unit assesment

























After each unit, you will be required to attempt one unit assignment. These are not meant for submission rather for reflection on what you have learned in the whole module. You will also be given tests and assignments for submission as you will be guided by your module facilitator. You will also sit for mock examinations to accomplish your continuous assessment.

# Getting around this Module

## Margin icons

While working through this Module you will notice the frequent use of margin icons. These icons serve to “signpost” a particular piece of text, a new task or change in activity; they have been included to help you to find your way around this Module.

A complete icon set is shown below. We suggest that you familiarize yourself with the icons and their meaning before starting your study.

			
Activity	Assessment	Unit assignment	Case study
			
Discussion	Group activity	Help	Note it!
			
Outcomes	Reading	Reflection	Study skills
			
Reflection	Terminology	Time	Tip
			
Computer-Based Learning	Audio	Video	Feedback
			
Objectives	Basic Competence	Answers to Assessments	

# Unit 1

## Using Stitches

### Introduction

The main focus of this unit is to make stitches you are going to use in garment making. It has three sections which are: *meaning of stitches, type of stitches and uses of stitches.*

### Learning Outcomes



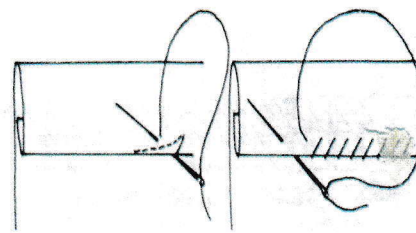
Upon completion of this unit you should be able to:

- Explain the meaning of stitches,
- Identify types of stitches and their uses,
- Make samples of stitches and
- Clean working area and store used tools and equipment properly.

### Stitching

#### Definition

Stitching is the act of joining two or more pieces of cloth using a thread and needle. This can be done on a single piece of fabric for example decorating a work or on two pieces of fabrics.

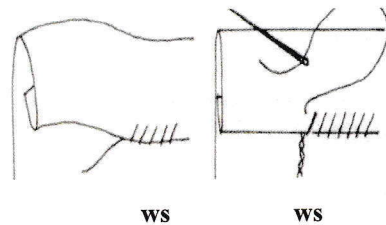


ws

Fastening on

ws

Working



- a) Half of last stitch unpicked      b) Old and new thread twisted together.

Figure 1: Stitches

### Types of stitches

Stitches are being classified into major groups as listed below:

- Temporary stitches
- Permanent stitches

### Things to consider when making stitches

1. Choose the correct stitch for the work to be done.
2. Choose the correct size of needle and right type of needle for the material.
3. Fasten on and off securely to avoid splitting.
4. Wear thimble to protect your finger
5. If you are doing permanent stitches, choose the same colour of thread as that of fabric.

### Temporary stitches

Temporary stitches are stitches that are worked temporarily and removed after working permanent stitches.

You will make temporary stitches for example when you join two or more pieces of fabric before making permanent stitches. That is called *tacking*. There are four types of temporary stitches. These are: even tacking, tailors taking and basting.

### Even Tacking

This is a temporary stitch used to hold two or more pieces of fabric together before stitching with a machine. The stitches are spaced at even intervals. Figure 1 shows how to make even tackings.



### Making even tacks

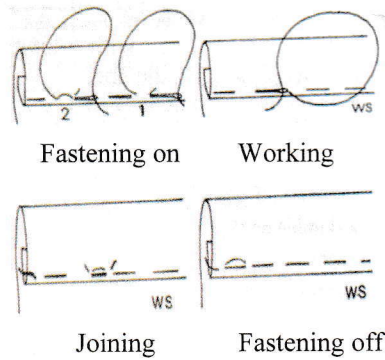


Figure 2: Making even tackings

### Long and short tacking

In long and short tacking you work one long stitch and two short stitches. Figure 3 shows you how to make the long and short tacking.



### Making long and short tacks

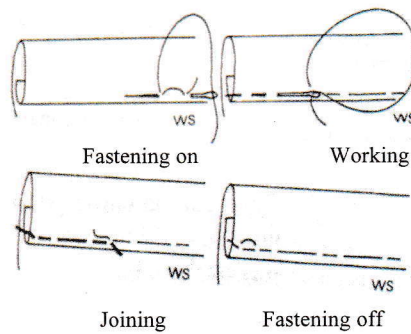


Figure 3: Making long and short tacking

### Tailor's Tacking

Tailor's tacking are stitches used to make loose, bopped, sewing stitches transferring markings from pattern to the fabric.



### Making tailor's tacking

Note: The work should be flat on a table.

1. Start with a long length of double cotton thread with a knot in the end.
2. Take long stitches about 1cm in length and pick up  $\frac{1}{2}$ cm of fabric leaving the large loops. Do not fasten off the thread, but cut the end of cotton thread. Figure 4 shows how to make tailors tackings.

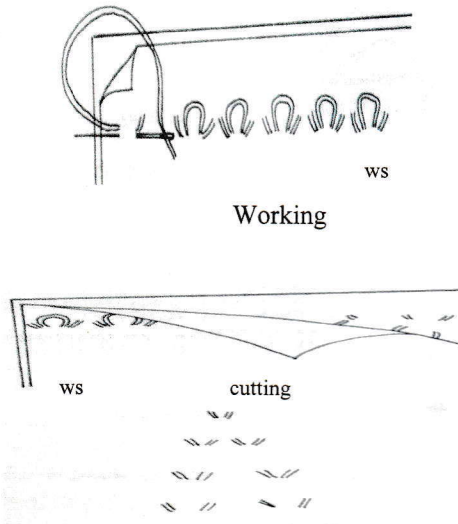


Figure 4: Making tailor's tacking

Open out the fabric (after first removing the paper pattern) then cut the loop.

### Basting stitches

Basting stitches are loose temporary sewing stitches that hold layers of fabric together.



### Making basting stitches

1. Make a knot at the end of the cotton thread.
2. Insert the needle into a fabric with the point going from right to the left picking up  $\frac{1}{2}$ cm to  $\frac{1}{4}$  cm of fabric and spacing the stitches about 1cm apart.
3. Work the stitches upwards, for example from the hem of the skirt to the waist line.

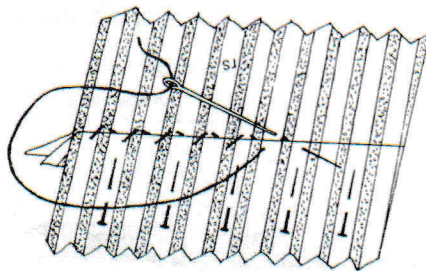


Figure 5: Making basting stitches

## Permanent stitches

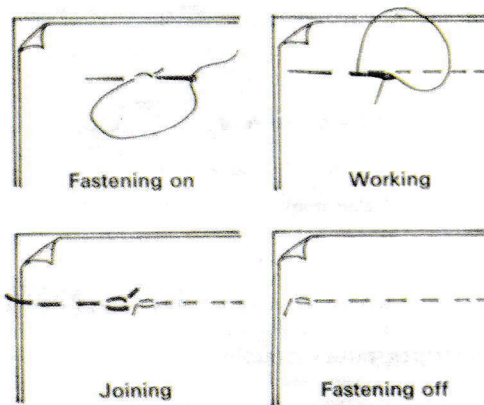
These are stitches which when stitched are not removed. They can be worked by hand or machine according to the type of work.

There are three types of permanent stitches. The types are joining stitches, knitting stitches and decorative stitches.

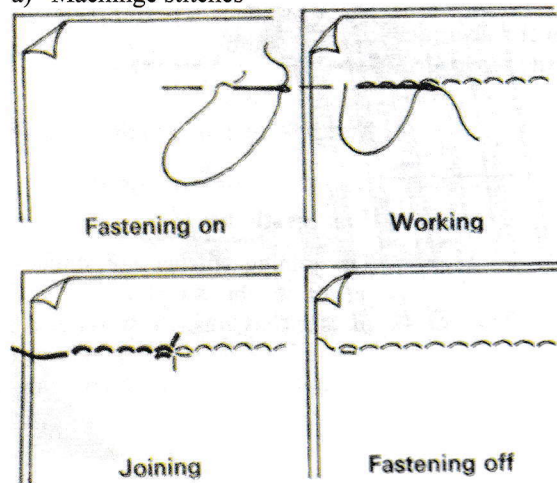
### Making permanent stitches using hands

#### Joining stitches

The joining stitches are stitches that join two or more separate pieces of fabrics together. The thread used should match the type of fabric as much as possible. Examples of joining stitches are: running stitches, back stitches, machine stitches and over sewing stitches. Figure 6 shows running stitches.



a) Machinge stitches

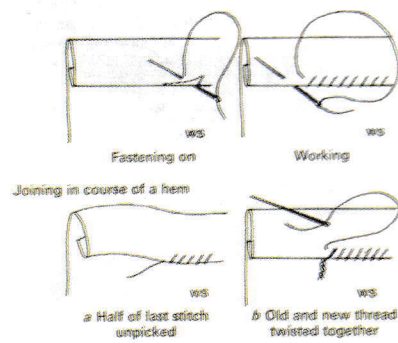


b) Back stitches

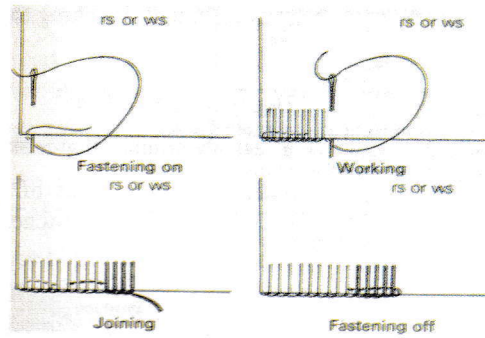
Figure 6: Making permanent stitches by hand

**Knitting stitches**

Knitting stitches is making clothes etc from cotton or wool thread using long thin needles or a machine. During knitting we make knitting stitches. The knitting stitches including: hemming, loop stitches, buttonholes stitches, overcasting stitches, machining herring, bone stitches, and blanket stitches. Figure 6 shows knitting stitches

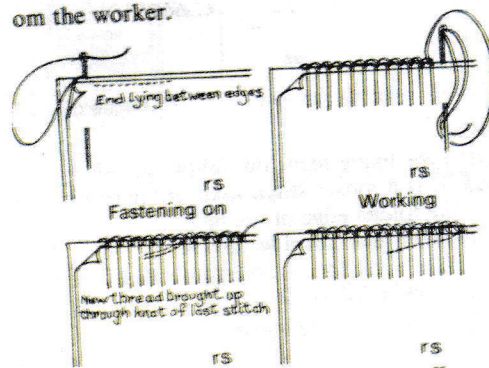


1. Loop stitch

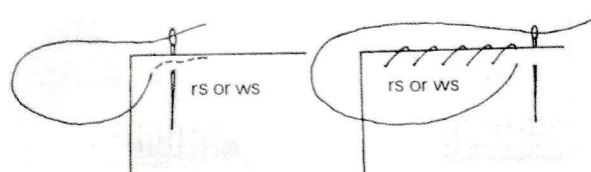


2. Button hole stitch

on the worker.



3. Over casting stitch



4. Black stitch

Figure 7: Knitting stitches

**Uses:**

Knitting stitches are used to secure hems and turnings and to prevent raw edges from fraying.

**Note:** Threads matching the material should be used.

**Decorative Stitches**

These are stitches that make the work look nice and beautiful.

There are three types of decorative stitches. The examples are: chain stitches, satin stitches and stem stitches.



Figure 8: Decorative stitches

**Uses:**

These are used when decorating articles such as curtain, table clothes and when making garments such as pants, and children clothes.

---

## Making permanent stitches by using machine

### Joining Stitches

Joining stitches are also be made by machines.

#### Points to consider when making machine stitches

Below are points to remember when you make machine stitches.

- Use the correct size of needle and thickness of thread for the fabric. For general use, use needles number 14 and 16. For heavy duty, work use needle number 18.
- Thread machine correctly i.e. the upper thread and lower thread should have same tension.
- Fit properly the bobbin case in a shuttle.
- Make sure that the needle is at its highest position before starting to sew.
- Place both ends down pressure foot and back-ward with reasonable length to avoid unthreading the needle
- Correct the stitch length according to job in hand.
- When turning corners keep the needle down in the point of corner and raise presser foot.
- Do not pull or push fabrics as it passes under presser foot because this may break or bend the needle.



#### Making machine stitches

1. Take two pieces of fabric and tack them using one of the temporary stitches.
2. Stitch along tacking stitches using a sewing machine.
3. Remove tacking stitches and iron your work
4. Make several machine stitches on your work. This will help you to gain experience of making straight machine stitches.

#### Machine knitting stitches

Machine knitting stitches are used for secure hems and turning.

They are also used to prevent raw edges from fraying. There are several machine knitting stitches. However, since you are a beginner you will make blanket or bop stitches only.



### Making a blanket stitches

1. Hold the edge of the material towards you.
2. Put a needle in a little way from the edge and point it towards yourself.
3. Loop the thread under the needle and pull the needle through the loop
4. Repeat several times to make enough stitches

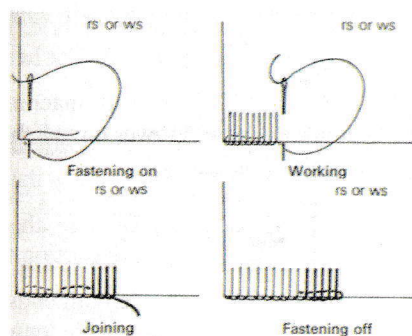


Figure 9: Machine blanket stitches

### Machine decorative stitches

Decorative stitches are also called *embroidery stitches*. It is good to learn how to make them so that you use them either in garment making or in decorating commercial articles.



### Making decorative stitches using machine

#### Chain stitches

##### Procedure

1. Stitch from left to right holding the fabric edge towards yourself.
2. Point the needle towards you and insert through the material from the right side
3. Keep thread under the needle as the stitch is being pulled up.
4. Use double thread.
5. Secure the ends with small backstitches.
6. Clean the working area and store used tools and equipment in proper places.

This may be worked as a single or double-coloured thread. On back of material may appear like backstitch. Figure 10 will help you sew the stitch.

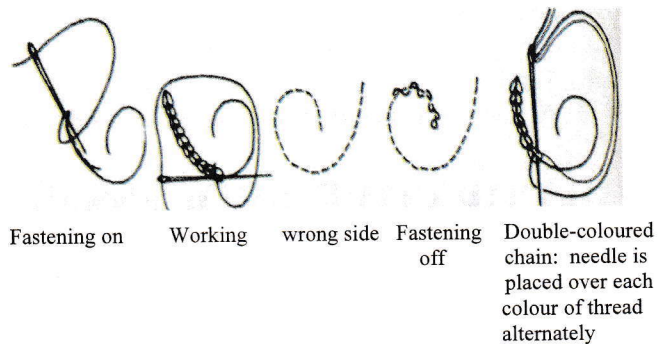


Figure 10: chain stitching

**Stem stitch**

This stitch will also look like backstitch on wrong side, the needle is brought to the side of proceeding. Figure 11 will help you to sew the stitch.



Figure 11: chain stitching

**Satin stitches**

This stitch is used for filling shapes it may be made with sloping or horizontal stitches. Figure 12 will help you to sew the stitch.

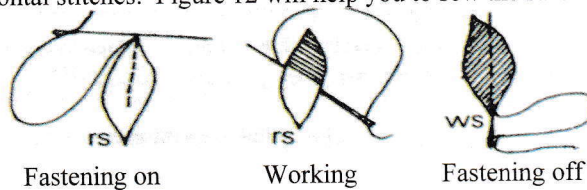
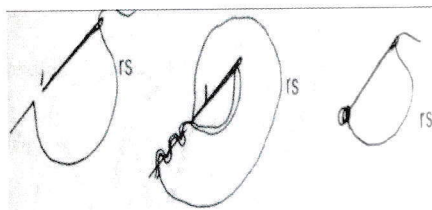


Figure 12: Satin stitches

**French knot**

This stitch is also used for filling shapes in process of decorating article like centers to flowers. Figure 13 will help you to sew the stitch.



Fastening on Double thread twisted round needle 3 or 4 times

Needle taken through to wrong side after pulling needle through twisted threads

Figure 13: French knot

---

## Unit reflection



You are now coming to the end of this unit. You have learnt how make stitches. In the course of your learning?

1. Which part interested you more?
2. Which challenges did you face?
3. How did you solve your challenge?
4. What stitches will you use in your next work?
5. Which stitches you are not likely to use soon. Why?

---

## Unit Assignment



You have come to the end of this unit. Do the following questions to assess yourself before going to the next unit. If you cannot answer most of the questions, please repeat the unit.

1. When do tailors use tacks in garment making?
2. In how many groups are stitches divided?
3. When do you use basting stitches in garment making?
4. What is the procedure for making machine stitches?
5. Why do you fasten on and off the thread when making stitches?
6. When you come to an end of a certain stitch, what will happen to the stitch if you don't fasten off securely?

## Unit 2

### Making Seams

#### Introduction

A seam is a line along which two edges of cloth are joined together. Seams are basis of garment making. You have to know how to make them.

#### Learning outcomes



Upon completion of this unit you should be able to:

- Explain the meaning of seams,
- Identify types of seams,
- Explain the general rules for working seams and points to consider when choosing seams,
- Explain procedure for making three types of seams and
- Making different types of seams.

#### Meaning of seams

Seams are the structural lines of a garment. They are used to join various shaped pieces of fabric to give the style of garment you want. Any perfect seam is strong, flat and smooth. It does not have bulky spots; Seams are sometimes chosen as detail of decoration.

Before you start making seams, remember to collect all tools and equipment that are needed for making each seam nearby in order to avoid walking around looking for any too/equipment (Refer to module I unit I on working procedures)

#### Types of seams

There are three types of seams. There are plain seams, French seam and machine fell seam.

### 1. Plain seam

A plain seam is the flattest seam used particularly for non-fraying fabrics and thick fabrics.



#### Sewing a plain seam

1. Place right side together of pieces to be joined. Match balance marks and fit the lines carefully.
2. Pin and tack them in position.
3. Stitch along fitting lines.

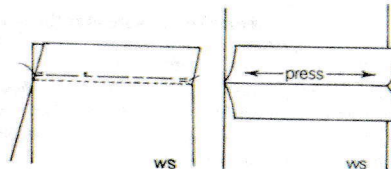


Figure 1: Sewing a plain seam

### 2. French Seam

- i) A French seam is used for fine fabric and fabrics that fray easily.
- ii) It is neat and it is used for similar purposes as the plain seam.
- iii) Both the raw edges are enclosed in a fell.
- iv) It is as strong as the plain seam.
- v) It wears well, easy to launder and quick to make.
- vi) It is useful for underwear, blouses, and children dresses.



#### Sewing a plain seam

1. Place wrong side together matching balance marks
2. Sew stitches 6mm outside fitting line.
3. Press turnings open and trim to 3mm or less.
4. Turn the work through to right side and fold back on stitched line.
5. Remove all tucks and press.

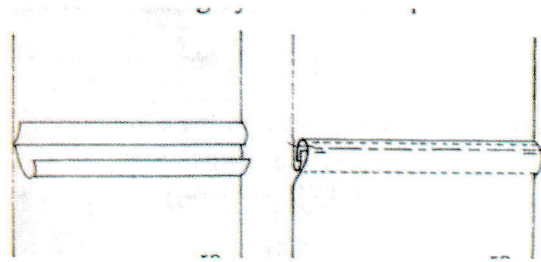


Figure 2: Sewing a French seam

### Machine felled seam

These seams are found in almost jeans. Tough and durable, machine felled seams provide these stitch lines. They secure multiple layers of fabric. They also conceal raw edges of seam allowance. They reduce fraying and are also used when sport look is desired. It can be used for bags, into and backpacks.

This seam is also known as run and fell if it is entirely worked by hands. It is strong and flat and is used in shirts, pyjamas, shorts, and trousers.



### Sewing machine fell seam

1. Place two fabrics on the right side (RS) facing one another edge to edge.
2. Pull the right hand fabric over the left hand one. Give it a seam allowance and tack it with pins. Trim the seam allowance to desirable width.
3. Fold the right fabric over the left. Remove tacks from one seam line and sew it
4. Open out fabric so that joined part is flat and folded. Then sew it.
5. Trim neatly the folded edge.

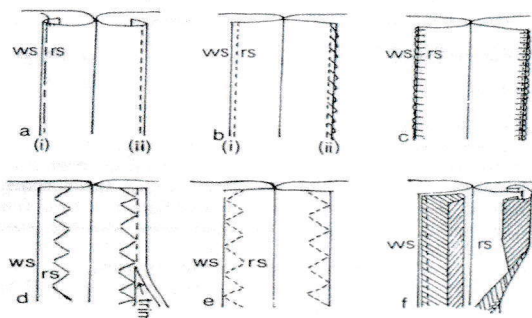


Figure 3: Sewing machine fell seams

**Choice of Seam**

Choice of seam depends on the following points.

1. Fabric being used
2. Type and purpose of garment
3. Position of seam

**General points to be followed when making seam:-**

- Match balance mark and fitting line.
- Tack firmly along fitting line.
- Press open and flat all seams.

Dear learners, you have to practice several times on procedures of making seams. This will help you in the next module where you are going to start making simple garments.

**Unit reflection**

You are now coming to the end of this unit. You have learnt how to make seams. In the course of your learning:

1. Which part interested you?
2. What challenges did you face?
3. How did you solve the challenges?
4. Do you think you can make seams now?

5. What seams still challenge you?
6. What are you going to do about them?

---

## Unit assignment



You have come to the end of this unit. Do the following questions to assess yourself before going to the next unit. If you cannot answer most of the questions, please repeat the unit.

1. Why is it necessary to trim the first stitching of a French seam allowance?
2. What is a plain seam?
3. What are the reasons of knitting the raw edge of open seam?
4. Why you press seam at every stage?
5. What is the difference between machines felled seam and run and fell seam?
6. What factors do you have to consider when choosing a seam?

## Unit 3

### Making Collars

#### Introduction

In everyday life you see people wearing shirts or blouses with different type of collars. Some collars look better than others.

In this unit you learn about types of collars and how to make them so that will be able to make and attach collars on the garments.

#### Learning Outcomes



Upon completion of this unit you should be able to:

- Identify different types of collars,
- Describe points to consider when making collars,
- Explain procedures of making various types of collars, and  
Attach collar into a garment.

#### Types of Collars

There are as many types of collars as there are their designers. Some collars are single cut, some are double folded. Nevertheless, most collars are cut of two layers of fabric. Collars are usually made separately then they are attached to the garment.

Most of shirts or blouses have collars. Which type of collar do you prefer? Do you think a shirt or blouse with collar look better than the one without a collar?

The following are some of the types of collars:

- Shirt collar
- Eton collar
- Peter pan collar
- 

#### General rules for making a good collar

A collar is close to your face therefore it attracts attention. Thus, a collar should be well made. The following rules will guide you to make a good collar:

- Collars should be made on double layers of materials
- They must be cut on the correct grain of material
- If the material is thin interfacings e.g. a stiff material, should be attached to give collar added shape and support.
- To get a well shaped collar the fitting lines (stitching lines) must be marked, tacked and stitched correctly
- The curved seams must be trimmed and snipped to get flat collar and
- The collar should be carefully pressed.

### Making up collars

Have you ever made a collar. Some collars are simple while others are complex. In the following activity you will learn how to make a simple collar.



#### Making a short collar

1. Make a shape of the collar on a double material using a drafted paper pattern.
2. Cut out the material using scissors.
3. Pin the collar sections with right sides (RS) together (facing each other).
4. Tack them using temporary stitches along dotted line.
5. Stitch along tacked line using sewing machine.
6. Trim very close to the stitched line to reduce the width of seam allowance.
7. Trim corners to get sharp points.
8. Open the seams and press them.
9. Turn the collar to the right side (RS)
10. Gently pull out the points. Don't push them out with the points of your scissors as this can cause holes in the fabric.
11. Press the outer seam, rolling it slightly to underside of collar.
12. Stitch the under collar to the seam allowance. This will prevent the under collar from showing at the edge. Alternatively top stitch around the edge of the collar.
13. Press the collar neatly.

Practice several times how to contract collar so that you can gain experience. Make a good sample and keep on your portfolio for reference or sample book or file.

### Attaching the collar to garment

I hope you have made a good sample of a collar. In this section you will learn how to attach a collar to a garment.

Find garments with different types of collars and observe the methods used to attach them. Do you see any differences in attaching collars? A collar may be stitched to a garment with a complete neckline facing, a partial facing or no facing.

Facing is a piece of material cut into shape used to finish a raw edge such as neckline or armhole. You can make collars with facing flat collars and rolled collars have facing. You can also make collars without facing. Shirt collars and standing collars have no facing.



### Attaching a collar

1. Mark centre of inner edge of collar
2. Pin centre of under collar to the neckline, right sides together, matching all markings.
3. Tack and stitch along the stitch line (fitting line).
4. Trim the edge to reduce the width of seam
5. Remove tacking stitches on press seam towards a collar.

### Steps for making a collar pattern

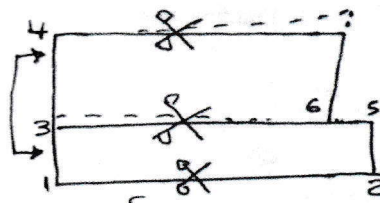


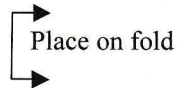
Figure 1: Collar pattern



- 1 - 2 =  $\frac{1}{2}$  neck + seam  
 1 - 3 = band width (5 – 6cm)  
 3 - 4 = collar width (6 – 7 cm)  
 5 - 6 = 1.5 to 2cm

Note: The dotted lines indicate shaping of collar.

#### Key



#### Steps

1. Turn in the seam allowance of upper collar and press. Trim the seam allowance to  $\frac{1}{4}$  inch (6mm).
2. Pin the folded edge over the neckline seam
3. Tack and machine stitch close to the edge or slipstitch by hand.



#### Sewing a collar

1. Place the two pieces of collar with right side (RS) together matching fitting lines.
2. Trim turnings 3mm and corners
3. Turn collar right side (RS) out and bring stitched line up to the fold you may tack along the edge.

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Practice this process several times to gain experience. Get help from an experienced person where necessary.

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#### Etton collar

Etton Collar is mostly used for baby dresses. It is cut in two pieces.

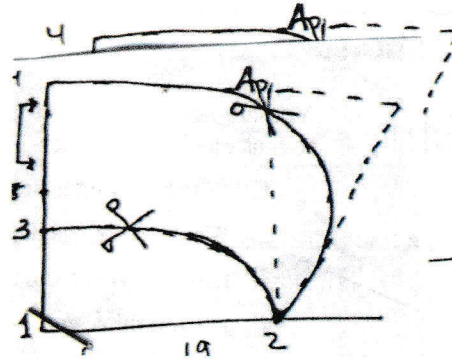


Figure 2: Etton Collar pattern

**Steps to draw:**

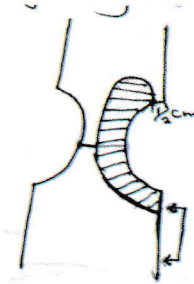
Draw a right angle at 1 to 4 and 1 to 2.

1 - 2 is quarter neck minus  $\frac{1}{2}$ cm

1 - 3 is 3 to 5cm, then curve 3 to 2 as shown

3 - 4 is 5 - 7cm - this is collar width according to your measurements draw vertical line to help you curve from 4 to 2. The dotted lines indicate different style of collar.

**Peter pan collar:**



This is flat, rounded one piece collar, it can be made permanent on a garment or it can be removable. The collar is cut after joining the cloth at shoulder as shown below:

Figure 3: Peter pan collar pattern



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## Unit Reflection



You are now coming to the end of this unit. You have learnt how to make and attach collars. In the course of your learning:

1. Which part interested you?
2. What challenges did you face?
3. How did you solve the challenges?
4. Do you think you can make and attach collars now?
5. What types of collars still challenge you?
6. What will you do about them?

---

## Unit assessment



You have come to the end of this unit. Do the following questions to assess yourself before going to the next unit. If you cannot answer most of the questions, please repeat the unit.

1. Mention all types of collars.
2. Why are collars made up of two layers of material?
3. Why do collars pinned and tacked using temporary stitches before making permanent stitches?
4. Why should you trim seam allowance of collar a before turning it to the right side?

## Unit 4

### Making Sleeves

#### Introduction

Sleeves are important part of garments. This unit introduces you to making sleeves so that you can make different types of sleeves.

#### Learning Outcomes



Upon completion of this unit you should be able to:

- Identify types of sleeves,
- Describe rules for making sleeves,
- Explain procedures for setting in sleeves,
- Make a sample of sleeves and
- Inserting a sleeve in a garment.

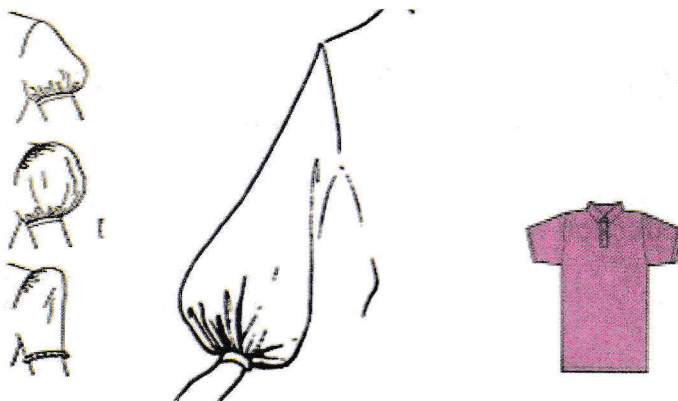
#### Meaning of sleeve

A sleeve is a piece of clothing that cover all or part of your arm. Sleeves are important parts of garments. Therefore, sleeves should be well cut and set in the garment properly.

#### Types of sleeves

Sleeves come in many different lengths and shapes. However, there are three basic types of sleeves. The types are set sleeves, Raglan sleeves and Kimono sleeves.

**A set-in sleeve:** A set-in sleeve is joined to a garment by an armhole seam that circles the arm near the shoulder. Set-in sleeves are the most common and come in different styles. The common set in sleeves is puff sleeve, bishop sleeve and plain/shirt sleeve.



Puff sleeves

Bishop sleeve

Shirt sleeve

Figure 1: A set-in sleeve

**A raglan sleeve:** A raglan sleeve has a front and back diagonal seam that extends from the armhole up to the neckline.



Figure 2: A Raglan sleeve

**A kimono sleeve:** A kimono sleeve is cut in one piece with the front and back of the garment. Figure 4.3: A kimono sleeve



Figure 3: A kimono sleeve

### Rules for making sleeves

There are rules which you have to keep in mind when making sleeves. The information below should be applied when stitching sleeves of any type:

- Pattern lines must be clear on both sleeves.
- The two sleeves must be prepared and completed before fixing to the armhole.
- The length and shape of sleeves depend on current fashion.
- The sleeve may be long, three quarter length or short.
- Some sleeves such as Kimono sleeve are cut together in one piece with the dress.
- Mark the front and back parts of the sleeves clearly so that you set in the correct sleeve into the correct armhole.
- Always work on a sleeve side as the sleeve is bigger than the armhole. To do this, turn back the arm hole so that the sleeve lies on top.
- Sleeves must be set in so that they:
  - Are comfortable to wear,
  - Set well in the shoulder, and
  - Hang well.

### Procedures for setting in sleeves

Making sleeves involve three steps. The steps are: making sleeves, setting sleeves, and finishing the sleeves.



#### Making sleeves

1. Make a sleeve pattern. For example figure 23 is a short sleeve pattern.



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## Unit Reflection



You are now coming to the end of this unit. You have learnt how to make and attach sleeves. In the course of your learning:

1. What skills did you acquire in this unit?
2. Did you meet any challenges?
3. How did you solve the challenges?
4. Do you think you can make and attach sleeves?
5. What type of sleeve still challenges you?
6. What will you do about this challenge?

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## Unit Assignment



You have come to the end of this unit. Do the following questions to assess yourself before going to the next unit. If you cannot answer most of the questions, please repeat the unit.

1. Why is the sleeve head bigger than an armhole? How can you reduce this width?
2. Name three different types of sleeves. Briefly explain how they differ.
3. Which type of sleeve would you choose when making shirt?
4. Why should sleeves be well cut, attached or set in the garment properly?

## Unit 5

### Attaching Fasteners

Most garments we put on have fasteners. In this unit you will learn about meaning of fasteners and how to attach them into garment.

#### Learning outcomes



After completion of this unit you should be able to:

- Define the term fasteners,
- Identify different types of fasteners,
- Describe points to be considered when choosing fasteners, and
- Attach fasteners on the garment.

#### Fasteners

##### Meaning of fasteners

Fasteners are things that help to close the opening of the garment securely. Examples of fasteners are buttons and zippers. However, some fasteners are used for decoration.

In making garments, sometimes combination of fasteners is used on the same opening of a garment. For example we can use hook and eye above a zipper. Fasteners have as long a life as the garments they serve.

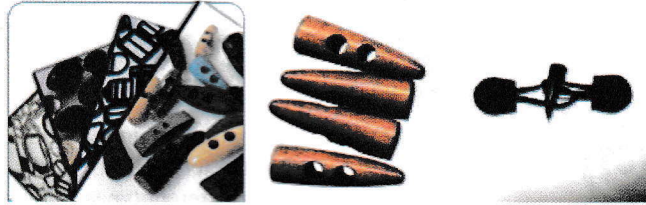
##### Types of fasteners

There are many types of fasteners. The common types are:

- Button and buttonhole
- Press fasteners (presser stud)
- Zip
- Hook and eye
- Hook and bar
- Tapes, ribbons and loops



a) Sew through button



b) Toggle button



c) China button

Figure 1: Buttons

### Points to consider when choosing fasteners

Consider the following points when choosing fasteners for you a garment:

- Fasteners should have as long life as the garments they serve,
- Fasteners must suit the opening (button and buttonholes where edge overlap, button and loops where edge meets).
- Openings with narrow wraps require small fastenings,
- Fasteners should match the fabric. For example, heavy materials require stronger and bigger fasteners. Loops and buttons for fraying materials, button and buttonholes for firmer ones,
- Each garment has a fastener suitable for it. For example, a zip is suitable for a skirt.



## Attaching fasteners

Probably you have acquired skills on how to choose fasteners correctly. Let us assume that you have chosen a particular fastener according to the garment to be attached on. How are you going to attach them on your garment? Do you know the rules of attaching them?

In this unit you will learn how to attach fasteners and the rules which will guide you to attach them correctly in the garment.

The following are the rules of attaching fasteners:

- Fasteners should always be sewn on to double material,
- Some fasteners should not be seen when the garment worn unless they are used as decoration. Examples of fasteners which should not be seen are attached zips, hook and eyes.
- Fasteners should be evenly spaced and sufficient to keep the opening closed:
- Fasteners should also be washable if the garment is likely to be washed, for example, covered buttons should have washable and
- Fasteners should be sewn exactly opposite one another so that the opening is flat when fastened.

### Procedures of attaching fasteners

As you have learnt in unit 5 that there are many types of fasteners, therefore, there are many methods of attaching them.

To attach fasteners you should have simple garments making skills.

### Button and buttonholes

*Buttons* are small round pieces of metal, plastic etc. That are attached into a garment and used for fastening two pieces together. Buttons contain holes through which they are stitched on a garment. Some buttons have two holes, some have four holes. *Button holes* can be defined as slits cut into a garment to receive and hold buttons.

- Buttons and buttonholes can be found on different types of garments with different styles. Buttons can be functional, decorative or both. They are described as functional when they are used as fasteners and are chosen to match the fabric.

- When they contrast or are covered with a cloth to improve the appearance of the garment, they can be described as both functional and decorative.
- When they are sewn in onto a garment where there is no opening, they are merely used as decoration.

#### **Direction of buttonholes**

The buttonholes can be made horizontal or vertical.

- They are sewn in a horizontal position when the grain is in that direction, such as cuffs, yokes and bodies.
- Buttonholes are placed in a vertical position when the garment is loose fitting, for example, on loose shirt.

#### **Rules for making buttonholes**

The following are rules for working buttonholes:

- Must always be on double material,
- The hole should be the size of the button plus 4mm for the button to slip in easily. If too small, it will tear and if it too large, the buttons will come out easily.
- Use sharp scissors or buttonhole scissors to cut straight to avoid fraying of material.
- Cut through a straight grain.
- Use running stitches to hold the two layers of material together round the marked buttonhole before cutting.
- Use buttonhole stitches for making the buttonholes, but overcasting stitches at the round end of the buttonhole.
- To ensure good buttonholes the length of stitches and spacing of stitches must be evenly spread.
- Use a strong sewing thread or buttonhole thread for buttonholes to make them long lasting.
- Avoid joining thread as this may cause fraying.
- Begin working buttonhole stitches at the square end.
- The distance between the fold and edge of a buttonhole should be at least half ( $\frac{1}{2}$ ) diameter of button to avoid gaping.
- Buttonholes should be spaced evenly.

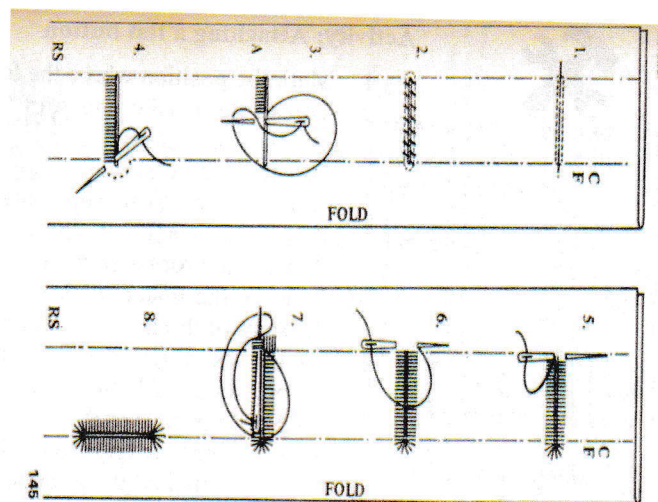


Figure 2: Sewing a buttonhole

**Rules for sewing or attaching on button**

- All flat buttons should be sewn leaving a shank to protect both the button and garment from breaking or tearing. It will also enable the button to lie flat when the opening is closed.
- Buttons should be sewn on double cloth.
- Buttons which have a stem does not need a shank be sewn.
- The button should be firmly fixed, using a strong thread.
- The button should be positioned accurately and centrally so that it lies well in the buttonhole.
- It should be placed so that the right side (RS) is uppermost.

## How to attach on a flat button



### Activity: Attaching a flat button

1. Mark the position where the button is to be sewn.
2. Thread the needle and start by fastening the thread where button is to be sewn.
3. Pass the needle through a hole in the button and across a pin or matchstick to the opposite hole and through the fabric. Bring the needle up through the fabric and hole again. Repeat the process several times.
4. Remove the match stick and wind the thread firmly round the stem of threads to form a shank.
5. On the last stitch, pass the needle through the hole to W.S (wrong side) of button, then pass the needle to wrong side (W.S) of the garment.
6. Knit the threads on wrong side (W.S) of garment where a button is stitched using buttonhole stitches, and then fasten off.

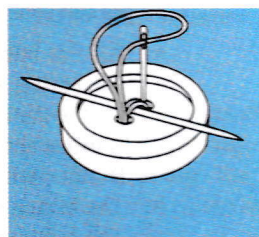


Figure 3: Attaching a button to a garment

## Unit Reflection



You are coming now to the end of this unit. You have learnt how to attach fasteners. In the course of your learning.

1. What skills did you acquire in this unit?
2. Did you meet any challenges?
3. How did you solve the challenges?
4. Can you attach any fasteners? Which ones? Do you have difficulties in attaching the fasteners?
5. What are you going to do about that challenge?



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## Unit assessment



You have come to the end of this unit. Do the following questions to assess yourself before going to the next unit. If you cannot answer most of the questions, please repeat the unit.

1. Mention the types of fasteners you know.
2. Mention three types of buttons.
3. How would you attach a button?
4. When do you sew a buttonhole in a horizontal position?
5. When do you sew a buttonhole in a vertical position?

## Unit 6

### Making Pockets

Pockets are very common in garments we wear. In this unit you are going to learn types of pockets and how to make them.

#### Learning outcomes



After completion of this unit you should be able to:

- Explain the meaning of pockets and their uses,
- Identify types of pockets,
- Describe rules for making and attaching pocket on the garment and
- Make and attach pocket into their positions.

#### Meaning of a pocket

A *pocket* is a small piece of fabric like a small bag sewn into or onto a piece of clothing so that you can carry things in it.

We use pockets for keeping things like money, pen, handkerchief and other small items. Pockets can also be introduced as decorations and they can be of different shapes and finishes. They usually match with the garments but sometimes they differ or contrast with the colour of the garment. Their sizes depend on the position, the effect required and the age of the wearer.

#### Types of Pockets

There are many different types of pockets. Some are located inside the garment and others are stitched on the outside of the garment. However, pockets are divided into three types. The types are the patch pockets, concealed pockets and bound pockets.

##### Patch pockets

The patch pockets are usually located outside of the garment. They are attached to the right side (RS) of the garment.

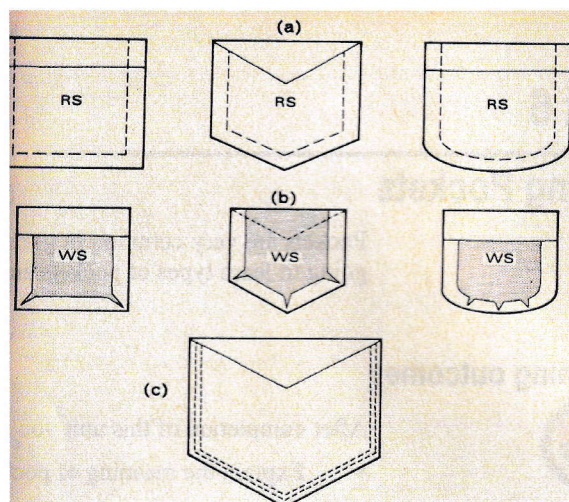


Figure 1: Examples of patch pockets

**Key:**

- (a) Different shapes of patch pockets as seen on the right side
- (b) Same pockets as seen on the wrong side
- (c) A complete pocket

**Concealed pockets**

Concealed pockets are located inside the garment. They are attached at the side seam.

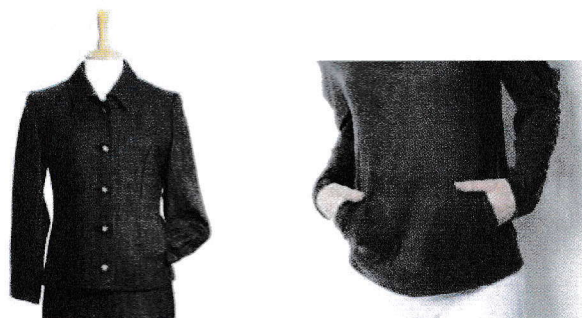


Figure 2: Examples of concealed pockets

**Bound pockets**

The bound pockets are located inside the garment and attached in the wrong side (WS) of the garment.

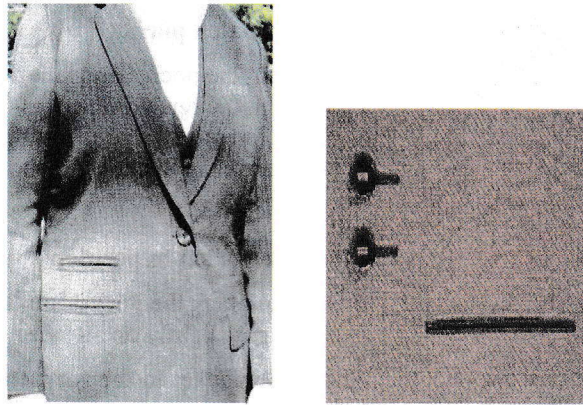


Figure 3: Examples of bound pockets

## Rules for making pockets

The following are rules of making pockets:

- They must be big enough for the hand to go in and deep enough to prevent things from dropping out
- They should be attached in comfortable positions.
- They should be made so that you can put things inside without altering or changing the shape of the garment
- They must be stitched neatly and firmly to make them durable.
- Accurate work and measurement is essential.
- Press after every stage. This helps to give a good finish and satisfactory results.

## Making and attaching pocket

### Patch pocket

- A patch pocket is stitched flat on the outside of the garment.
- Has one open side to allow a hand to go in.
- Can be round or square. Round corners are easier to wash

The size and shape of patch pockets depend on:

- The purpose of the pockets.
- Its position on the garment.
- The fashion at that time.



### Sewing a patch pocket

1. Cut out the pocket and knit the top edge by hemming
2. Turn in the remaining edges of the pocket on the wrong side
3. Tack, press and snip the turnings and trim them to cm in depth
4. Cut away the thickness at the corners.

### Place the pocket in position

5. Pin and tack the pocket in place on the right side of the garment easing it slightly on all sides

### Stitch the pocket to the garment

6. Fix the pocket with one or two rows of stitching close to the edge of the pocket. Double stitch at the corners to make them strong.

---

## Unit Reflection



You have now coming to the end of this unit. You have learnt how to make pockets. In the course of your learning:

1. Which parts interested you most?
2. What challenges did you face?
3. How did you solve the challenge?
4. Do you think you can now sew pockets?
5. What type of pockets do you see in most garments?

---

## Unit assessment



You have come to the end of this unit. Do the following questions to assess yourself before going to the next unit. If you cannot answer most of the questions, please repeat the unit.

1. What is pocket?
2. Mention types of pocket you know
3. Explain process to attach patch pocket.



## References

1. Zarapkar, System of cutting
2. Valerie Cock, Dress making simplified Third edition.

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