DRESS MAKING

1st Semester

TRADE PRACTICAL

SECTOR: Textile and Apparel

COMMON FOR THE FOLLOWING TRADES

Dress Making / Sewing Technology

DIRECTORATE GENERAL OF TRAINING
MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP
GOVERNMENT OF INDIA

NATIONAL INSTRUCTIONAL MEDIA INSTITUTE, CHENNAI

Post Box No. 3142, CTI Campus, Guindy, Chennai - 600 032
Sector : Textile and Apparel
Duration : 1 - Year
Trade : Dress Making, Sewing Technology 1st Semester - Trade Practical

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The National Instructional Media Institute (NIMI) is an autonomous body under the Directorate General of Employment and Training (DGE&T) Ministry of Labour and Employment has been developing, producing and disseminating Instructional Media Packages (IMPs are extensively used in the Industrial Training Institutes/Training centres in Industries to impart practical training and develop work-skills for the trainees and the trainers.

The Ministry of Labour & Employment constituted Mentor Councils (MCs) to revamp courses run / to be run under National Council of Vocational Training (NCVT) in 25 sectors. The MCs have representatives from thought leaders among various stakeholders viz. one of the top ten industries in the sector innovative entrepreneurs who have proved to be game-changers, academic/professional institutions (IITs etc.), experts from field institutes of DGE &T, champion ITIs for each of the sectors and experts in delivering education and training through modern methods like through use of IT, distance education etc. The technical support to the MCs is provided by Central Staff Training and Research Institute (CSTARI), Kolkata and National Instructional Media Institute (NIMI), Chennai. Some of the MCs are also supported by sector-wise Core Groups which were created internally in the Ministry (in 11 sectors).

A Steering Committee to provide overall coordination and guidance to Mentor Councils has also been constituted and has representation from the MCs, Chair positions to be endowed by the Ministry, trade unions, and experts on distance education and training. The MCs are mandated to work towards revamping/ suggesting new courses, improving assessment systems, overall learning etc. for subjects under the purview of the NCVT.

Accordingly NIMI with the support and assistance of MC has developed Dress Making Trade Practical 1st Semester in Textile and Apparel sector to enhance the employability of ITI trainees across the country and also to meet the industry requirement.

I have no doubt that the trainees and trainers of ITIs & Training centres in industries will derive maximum benefit from these books and that NIMI’s effort will go a long way in improvement of Vocational Training.

I complement Director, Mentor Council members, Media Development Committee (MDC) members and staff of NIMI for their dedicated and invaluable contribution in bringing out this publication.

ALOK KUMAR, I.A.S.,
Director General of Employment & Training/ Joint Secretary
Ministry of Labour and Employment
Government of India

New Delhi - 110 001
PREFACE

This National Instructional Media Institute (NIMI) was set up at Chennai by the Directorate General of Employment and Training (DGE&T) Ministry of Labour and Employment, Government of India with technical assistance from the Govt. of the Federal Republic of Germany. The prime objective of this institute is to develop and disseminate instructional materials for various trades as per the prescribed syllabi under the Craftsmen and Apprenticeship Training Schemes.

The instructional materials are developed and produced in the form of Instructional Media Packages (IMPs). An IMP consists of Trade Theory book, Trade Practical book, Test and Assignment book, Instructor guide, Wall Charts and Transparencies.

Hon’ble Union Minister of Finance during the budget speech 2014-2015 mentioned about developing Skill India and made the following announcement

"A national multi-skill programme called Skill India is proposed to be launched. It would skill the youth with an emphasis on employability and entrepreneur skills. It will also provide training and support for traditional professions like welders, carpenters, cobblers, masons, blacksmiths, weavers etc. Convergence of various schemes to attain this objective is also proposed."

The Ministry of Labour & Employment constituted Mentor Councils (MCs) to revamp courses run / to be run under National Council of Vocational Training (NCVT) in 25 sectors which will give a sustained skill based employability to the ITI trainees as the main objective of Vocational training. The ultimate approach of NIMI is to prepare the validated IMPs based on the exercises to be done during the course of study. As the skill development is progressive the theoretical content on a particular topic is limited to the requirement in every stage. Hence the reader will find a topic spread over a number of units. The test and assignment will enable the instructor to give assignments and evaluate the performance of a trainee. If a trainee possesses the same it helps the trainee to do assignment on his own and also to evaluate himself. The wall charts and transparencies are unique, as they not only help the instructor to effectively present a topic but also helps the trainees to grasp the technical topic quickly. The instructor guide enables the instructor to plan his schedule of instruction, plan the raw material requirement,

Thus the availability of a complete Instructional Media Package in an institute helps the trainer and management to impart an effective training. Hence it is strongly recommended that the Training Institutes/Establishments should provide at least one IMP per unit. This will be small, one time investment but the benefits will be long lasting.

The Dress Making Trade Practical 1st semester in Textile and Apparel sector is one of the book develop by the core group members of the Mentor Councils (MCs). The 1st semester book includes Module 1 - Basic Operations, Module 2 - Sample Preparation, Module 3 - Garment Construction

The Dress Making Trade Practical 1st semester is the outcome of the collective efforts of Members of Mentor Council which includes academic/professional institutions (IITs etc.) , experts from field institutes of DGE&T, champion ITIs for each of the sectors, and also Media Development Committee (MDC) members and staff of NIMI.

NIMI wishes that the above material (Trade Practical & Trade Theory) will fulfil to satisfy the long needs of the Trainees and Instructor and helps the trainees for their employability in vocational training.

NIMI would like to take this opportunity to convey sincere thanks to all the Mentor Council members and Media Development Committee (MDC) members.

A. MAHENDIRAN
Director, NIMI

Chennai - 600 032
ACKNOWLEDGEMENT

National Instructional Media Institute (NIMI) sincerely acknowledges with thanks for the co-operation and contribution extended by the following Media Developers and their sponsoring organisation to bring out this IMP (Trade Practical) for the trade of Dress Making under Textile and Apparel Sector for Craftsman Training Scheme. This Book is prepared as per Revised Syllabus.

MEDIA DEVELOPMENT COMMITTEE MEMBERS

Dr. Darlie Koshy - Director General & CEO
ATDC & IAM, New Delhi
Chairman, Mentor council.

Shri. R.P. Dhingra - Director (P), DGE&T, New Delhi
Mentor, Mentor council.

Shri. Rajinder Kumar - Joint Director of Training,
DGE&T, New Delhi.
Team Leader, Mentor council.

Shri. S.S. Meena - Training Officer,
NVTI Noida.
Member, Mentor council.

Shri. L.R. Ramesh Babu - Training Officer,
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Member, Mentor council.

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RVTI, Panipat.
Co-ordinator, Mentor council.

Shri. Subhankar Bhowmik - Training Officer,
NIMI, Chennai - 32
Co-ordinator, NIMI, Chennai.

Shri. V. Gopalakrishnan - Training Officer,
NIMI, Chennai - 32
Co-ordinator, NIMI, Chennai.

NIMI records its appreciation of the Data Entry, CAD, DTP operators for their excellent and devoted services in the process of development of this instructional material.

NIMI also acknowledges with thanks, the invaluable efforts rendered by all other staff who have contributed for the development of this Instructional material.

NIMI is also grateful to all others who have directly or indirectly helped in developing this IMP.
INTRODUCTION

TRADE PRACTICAL

The trade practical manual is intended to be used in workshop. It consists of a series of practical exercises to be completed by the trainees during the First Semester course of the Dress Making trade supplemented and supported by instructions/informations to assist in performing the exercises. These exercises are designed to ensure that all the skills in the prescribed syllabus are covered.

The manual is divided into three modules. The distribution of time for the practical in the three modules are given below.

<table>
<thead>
<tr>
<th>Module</th>
<th>Title</th>
<th>Time (Hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 1</td>
<td>Basic Operations</td>
<td>200</td>
</tr>
<tr>
<td>Module 2</td>
<td>Sample Preparation</td>
<td>175</td>
</tr>
<tr>
<td>Module 3</td>
<td>Garment Construction</td>
<td>125</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>500</td>
</tr>
</tbody>
</table>

The skill training in the shop floor is planned through a series of practical exercises centred around some practical project. However, there are few instances where the individual exercise does not form a part of project.

While developing this practical manual a sincere effort was made to prepare each exercise which will be easy to understand and carryout even by below average trainee. However, the development team accept that there is a scope for further improvement. NIMI looks forward to the suggestions from the experienced training faculty for improving this manual.

TRADE THEORY

The manual of trade theory consists of theoretical information for the First Semester course of the Dress Making Trade. The contents are sequenced according to the practical exercise contained in the manual on Trade practical. Attempt has been made to relate the theoretical aspects with the skill covered in each exercise to the extent possible. This co-relation is maintained to help the trainees to develop the perceptual capabilities for performing the skills.

The Trade Theory has to be taught and learnt along with the corresponding exercise contained in the manual on trade practical. The indicating about the corresponding practical exercise are given in every sheet of this manual.

It will be preferable to teach/learn the trade theory connected to each exercise at least one class before performing the related skills in the shop floor. The trade theory is to be treated as an integrated part of each exercise.

The material is not the purpose of self learning and should be considered as supplementary to class room instruction.
<table>
<thead>
<tr>
<th>Exercise No.</th>
<th>Title of the Exercise</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1.01</td>
<td>Tools</td>
<td>1</td>
</tr>
<tr>
<td>1.1.02</td>
<td>Identify the fabric and texture</td>
<td>6</td>
</tr>
<tr>
<td>1.1.03</td>
<td>Make weave samples of woven fabrics</td>
<td>9</td>
</tr>
<tr>
<td>1.1.04</td>
<td>Prepare samples of temporary hand stitches</td>
<td>12</td>
</tr>
<tr>
<td>1.1.05</td>
<td>Prepare samples of permanent hand stitches</td>
<td>15</td>
</tr>
<tr>
<td>1.1.06</td>
<td>Attach sari fall</td>
<td>21</td>
</tr>
<tr>
<td>1.1.07</td>
<td>Prepare samples of decorative stitches by hand</td>
<td>23</td>
</tr>
<tr>
<td>1.1.08</td>
<td>Identify the major parts of single needle lock stitch machine</td>
<td>26</td>
</tr>
<tr>
<td>1.1.09</td>
<td>Practice on operations of single needle lock stitch machine</td>
<td>28</td>
</tr>
<tr>
<td>1.1.10</td>
<td>Practice on straight stitching in single needle lock stitch machine</td>
<td>33</td>
</tr>
<tr>
<td>1.1.11</td>
<td>Use special attachments in single needle lock stitch machine</td>
<td>35</td>
</tr>
<tr>
<td>1.1.12</td>
<td>Identify parts in over lock machine</td>
<td>40</td>
</tr>
<tr>
<td>1.1.13</td>
<td>Make button holes by hand and by machine</td>
<td>43</td>
</tr>
<tr>
<td>1.1.14</td>
<td>Fix fasteness by hand</td>
<td>48</td>
</tr>
<tr>
<td>1.15</td>
<td>Mend the fabric</td>
<td>51</td>
</tr>
</tbody>
</table>

**Module 1 : Basic Operations**

<table>
<thead>
<tr>
<th>Exercise No.</th>
<th>Title of the Exercise</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1.01</td>
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</tr>
<tr>
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<td>9</td>
</tr>
<tr>
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<td>12</td>
</tr>
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</tr>
<tr>
<td>1.1.06</td>
<td>Attach sari fall</td>
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</tr>
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<td>Practice on operations of single needle lock stitch machine</td>
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<td>1.1.12</td>
<td>Identify parts in over lock machine</td>
<td>40</td>
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<tr>
<td>1.1.14</td>
<td>Fix fasteness by hand</td>
<td>48</td>
</tr>
<tr>
<td>1.15</td>
<td>Mend the fabric</td>
<td>51</td>
</tr>
</tbody>
</table>

**Module 2 : Sample Preparation**

<table>
<thead>
<tr>
<th>Exercise No.</th>
<th>Title of the Exercise</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.2.01</td>
<td>Prepare different kinds of seam and seam finishes</td>
<td>54</td>
</tr>
<tr>
<td>1.2.02</td>
<td>Finish the corner in a hand kerchief</td>
<td>62</td>
</tr>
<tr>
<td>1.2.03</td>
<td>Sew a pillow cover</td>
<td>67</td>
</tr>
<tr>
<td>1.2.04</td>
<td>Make samples of darts</td>
<td>71</td>
</tr>
<tr>
<td>1.2.05</td>
<td>Make samples of pleats</td>
<td>74</td>
</tr>
<tr>
<td>1.2.06</td>
<td>Make samples of tucks</td>
<td>78</td>
</tr>
<tr>
<td>1.2.07</td>
<td>Make samples of gathers</td>
<td>80</td>
</tr>
<tr>
<td>1.2.08</td>
<td>Make samples of shirrs</td>
<td>83</td>
</tr>
<tr>
<td>1.2.09</td>
<td>Make samples of frills and ruffles</td>
<td>86</td>
</tr>
<tr>
<td>1.2.10</td>
<td>Make samples of hem</td>
<td>88</td>
</tr>
<tr>
<td>Exercise No.</td>
<td>Title of the Exercise</td>
<td>Page No.</td>
</tr>
<tr>
<td>-------------</td>
<td>---------------------------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>1.2.11</td>
<td>Make samples of casing</td>
<td>93</td>
</tr>
<tr>
<td>1.2.12</td>
<td>Make samples of neck edge finishing</td>
<td>98</td>
</tr>
<tr>
<td>1.2.13</td>
<td>Make samples of different shaped neck lines</td>
<td>104</td>
</tr>
</tbody>
</table>

**Module 3: Garment Construction**

<table>
<thead>
<tr>
<th>Exercise No.</th>
<th>Title of the Exercise</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.3.01</td>
<td>Make samples of plackets</td>
<td>105</td>
</tr>
<tr>
<td>1.3.02</td>
<td>Samples of zipper plackets</td>
<td>115</td>
</tr>
<tr>
<td>1.3.03</td>
<td>Make samples of pockets</td>
<td>122</td>
</tr>
<tr>
<td>1.3.04</td>
<td>Make samples of collars</td>
<td>135</td>
</tr>
<tr>
<td>1.3.05</td>
<td>Make samples of cuffs</td>
<td>141</td>
</tr>
<tr>
<td>1.3.06</td>
<td>Make samples of sleeves</td>
<td>147</td>
</tr>
<tr>
<td>1.3.07</td>
<td>Draft and cut salwaar</td>
<td>152</td>
</tr>
<tr>
<td>1.3.08</td>
<td>Sew a salwaar</td>
<td>154</td>
</tr>
<tr>
<td>1.3.09</td>
<td>Draft and cut a churidar</td>
<td>157</td>
</tr>
<tr>
<td>1.3.10</td>
<td>Sew a churidar</td>
<td>160</td>
</tr>
<tr>
<td>1.3.11</td>
<td>Draft and cut a kameez</td>
<td>162</td>
</tr>
<tr>
<td>1.3.12</td>
<td>Sew a kameez</td>
<td>166</td>
</tr>
</tbody>
</table>
Textile and Apparel  
Dress Making - Basic Operations

Tools

Objectives: At the end of this exercise you shall be able to
• identify the tools.

Requirements

<table>
<thead>
<tr>
<th>Tools</th>
<th>Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tape Measure</td>
<td>• Flexible Plastic ruler</td>
</tr>
<tr>
<td>• ‘L’ scale</td>
<td>• Pencil</td>
</tr>
<tr>
<td>• Measure Stick</td>
<td>• Eraser</td>
</tr>
<tr>
<td>• Tailor’s Art Curve</td>
<td>• Tailor’s chalk</td>
</tr>
<tr>
<td>• Card scale</td>
<td>• Tracing Wheel</td>
</tr>
<tr>
<td>• Pattern Square</td>
<td>• French Curve</td>
</tr>
<tr>
<td>• Set Square</td>
<td>• Seam Gauge</td>
</tr>
<tr>
<td>• Transparent Ruler</td>
<td>• Dress Makers Gauge</td>
</tr>
<tr>
<td>• Curve Rules</td>
<td>• Loop Turner</td>
</tr>
</tbody>
</table>

PROCEDURE

1 Tape Measure

2 ‘L’ Scale

3 Measure Stick

4 Tailor’s Art Curve

5 Card scale
6 Pattern Square

Fig 6

Pattern Square

7 Set Square

Fig 7

Set square
Right angle is useful for finding bias grain of fabric

8 Transparent Ruler

Fig 8

9 Curve Ruler

Fig 9

Flexible plastic ruler

10 Flexible Plastic Ruler

Fig 10

Flexible curve
Rubber strip can be bent into any shape for adjustments to curved pattern pieces

11 Eraser

Fig 11

12 Tailor's Chalk

Fig 12
13 Tracing Wheel

14 French Curve

15 Seam Gauge

16 Dress Makers Gauge

17 Loop Turner

18 Bodkin

19 Awl or Stiletto

20 Thimble

21 Needle threader

22 Dress Marker’s Pin

23 Pin Cushion
24 Paper Cutting Scissors

25 Fabric Cutting scissors

26 Pinking Shears

27 Thread Cutter

28 Seam Ripper

29 Machine Needles

30 Hand Needles

Fig 24(a)

Fig 24(b)

Fig 25

Fig 26

Fig 27

Fig 28

Fig 29(a)

Fig 29(b)

Fig 29(a)

Fig 29(b)

Fig 29(a)

Fig 29(b)

Fig 30(a)

Fig 30(b)
31 Drafting Table

Fig 31

32 Pressing Table/Stand

Fig 32

33 Spray bottle

Fig 33

34 Notcher

Fig 34

35 Pencil

Fig 35
Identify the fabric and texture

Objectives: At the end of this exercise you shall be able to
• identify the structure of the given fabric samples
• determine the texture of the given woven fabric samples.

Requirements

<table>
<thead>
<tr>
<th>Tools &amp; Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counting glass or magnifying lenses - 1 No.</td>
<td>Woven fabric samples (in different textures 10 cms x 10 cms) - 10 Nos.</td>
</tr>
<tr>
<td>Woven fabric, knitted fabric, Non woven fabric, Lace fabric &amp; Fur fabric (All should have 10 cms x 10 cms) - 3 Nos. each</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Identify the structure of the given fabric samples

1. Give identification codes nos. like 1,2,3,....15 to the fabric samples.
2. Take the sample no.1 and place the fabric sample on the table.
3. Analyze the fabric structure with the help of the magnifying lense.
4. Compare the fabric structure with the fig 1 and identify which fabric of fig 1 is matching with the sample.
5. Write the name of the fabric in the respective row of sample no.1 in the following table.

6. Repeat the above procedure for the remaining samples and fill the table.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Sample Code</th>
<th>Name of the fabric structure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sample No.1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sample No.2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sample No.3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sample No.4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Sample No.5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Sample No.6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sample No.7</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Sample No.8</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Sample No.9</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Sample No.10</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Sample No.11</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Sample No.12</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Sample No.13</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Sample No.14</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Sample No.15</td>
<td></td>
</tr>
</tbody>
</table>

---

**TASK 2:** Determine the texture of the given woven fabric samples

1. Give identification codes nos. like 1,2,3,.....10 to the fabric samples.
2. Take the sample no.1 and place the fabric sample on the table.
3. Slightly fold the fabric sample and touch it by the thumb and index finger of your hand and feel the thickness. (Fig 2)
4. Analyze whether it is a thin fabric or thick fabric or medium fabric.
5. If it is thin fabric write “Light weight” on the column of “Weight of the fabric” at the row of Sample No.1 in the given table below.

![Fig 2](image)
If it is thick fabric write "Heavy weight" on the column of "Weight of the fabric" at the row of Sample No.1 in the given table above.

If it is between the thick and thin, then write "Medium weight" on the column of "Weight of the fabric" at the row of Sample No.1 in the table.

Touch the fabric by your thumb and index finger and determine whether the sample is smooth or rough.

If the fabric sample is smooth then write "Smooth" on the column of "Smooth or rough" at the row of Sample No.1 in the table.

If the fabric sample is rough then write "Rough" on the column of "Smooth or rough" at the row of Sample No.1 in the table.

Place your hand below the fabric sample and check the transparency of the fabric. (Fig 3)

12 If you can see your hand properly through the fabric sample then write "Transparent" on the column of "Transparent or Non Transparent" at the row of Sample No.1 in the table.

13 If you cannot see your hand properly through the fabric sample then write "Non Transparent" on the column of "Transparent or Non Transparent" at the row of Sample No.1 in the table.

14 Repeat the above procedure for all the other samples and fill the columns of the table.

**Note: Get it checked with your instructor.**

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Sample Code</th>
<th>Weight of the fabric</th>
<th>Smooth or Rough</th>
<th>Transparent or Non Transparent</th>
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<tr>
<td>10</td>
<td>Sample No.10</td>
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</tr>
</tbody>
</table>

Fig 3
Textile and Apparel
Dress Making - Basic Operations

Make weave samples of woven fabrics

Objectives: At the end of this exercise you shall be able to
• make warp sheet sample
• make plain weave sample
• make twill weave sample
• make satin weave sample.

Requirements

<table>
<thead>
<tr>
<th>Tools &amp; Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Shears</td>
<td>• Cotton tape (1 cm width)</td>
</tr>
<tr>
<td>• Scale (30 cms length)</td>
<td>• 16 m (8m each in two contrast colours)</td>
</tr>
<tr>
<td>• HB Pencil</td>
<td>• Card board (15x15 cms)</td>
</tr>
<tr>
<td>• 2HB Pencil</td>
<td>• 4 Nos.</td>
</tr>
<tr>
<td>• Pencil eraser</td>
<td>• Fabric guide</td>
</tr>
<tr>
<td>• 1 No.</td>
<td>• 1 Medium size tube</td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Make warp sheet sample (Fig 1)

1. Take the card board and dark thick lines 2.5 Cms. from the edge all the side using HB pencil. (Fig. 1)

2. Draw Guide lines as shown in figure 2 using 2H pencil. Also notations like A, B, C etc. as shown in the figure.

3. Take a cotton tape in one colour and cut 18 cm of tape with help of shears, place the tape on column a as shown in the figure 3.

4. Measure 1.5 cms of the tape and paste it properly with the help of fabric Glue on the wrong side of the card board as shown in the figure 4.
Be sure that the tape should be in straight condition and should mate h with column portion of A as in right side of the card board.

5 Turn the right side of the card board align the tape on column 'A' and turn the bottom portion of the tape to the wrong side of the card board and fix it properly with the help of glue.

6 Repeat the above process of the remaining column B to J as shown in figure 5.

7 Make another B no. of warp sheet as her above method.

---

**TASK 2: Make plain weave sample**

1 Take a warp sheet, sample.

2 Cut 18 cm of cotton tape from contrasting colour and place on the row K as shown in the figure 6.

3 Stick the left end of the tape to the wrong side of the card board with the help of glue.

4 Interlace the tape into the warp sheet as shown in the figure 7.

5 Stick the right end of balance tape (1.5 cm) at the wrong side of the card board.

6 Cut 18 cm of cotton tape from contrasting colour and place on the row L on the card board.

7 Stick the left end of the tape to the wrong side of the card board with the help of glue.

8 Interlace the tape into the warp sheet as shown in the figure 8.
9 Stick the right end of balance to the (1.5 cm) at the wrong side of the card board.
10 Do the above procedure for the rows M to T as shown in the figure 9.

---

**TASK 3: Make twill weave sample**

1 Take a wrap sample
2 Cut 18 cms of cotton tape from contrasting colour and place on row K.
3 After sticking the left end of the tape interlace it as shown in the figure 10.
4 Continue for other rows also by following figure 10.

---

**TASK 4: Make satin weave sample**

1 Take a wrap sample
2 Cut 18 cms of cotton tape from contrasting colour and place on row K.
3 After sticking the left end of the tape interlace it as shown in the figure 11.
4 Continue for other rows also by following figure 11.
Textile and Apparel  
Dress Making - Basic Operations  

Exercise 1.1.04  

Prepare samples of temporary hand stitches

Objectives: At the end of this exercise you shall be able to
• stitch even basting by hand
• stitch uneven basting by hand
• stitch diagonal basting by hand
• stitch slip basting by hand
• stitch tailor’s tacks by hand.

Requirements

<table>
<thead>
<tr>
<th>Tools/Instruments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scale - 12”</td>
<td>Cotton fabric 10cm × 6cm</td>
</tr>
<tr>
<td>Pencil HB</td>
<td>Thread</td>
</tr>
<tr>
<td>Scissor - 8”</td>
<td>Needle</td>
</tr>
<tr>
<td></td>
<td>Measuring tape</td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1 : Stitch even basting

1 Cut two cotton fabric pieces of size (10cm × 6cm) (Fig 1)

2 Cut (50 cm) thread from the cone.

3 Make a knot at one end of the thread. (Fig 2)

4 Fix one fabric over the other fabric using ball pin. (Fig 3)

5 Draw a horizontal line at the center of the fabric. (Fig 4)

6 Mark equal stitch length with distance of (0.5cm) on the fabric. (Fig 5)

7 Bring the needle from the bottom of the fabric at point ‘A’ and pull the thread fully to the top layer.
8 Insert the needle at point ‘B’ and bring the needle through point ‘C’ from the bottom of the fabric.

9 Insert needle into point ‘D’ and pull through ‘E’ and continue stitching with equal spaced.

TASK 2:  Stitch uneven basting
1 Follow the step 1 to 15 of task 1.
2 Mark points of 1cm and 0.5cm alternatively by naming A,B,C,D,E. (Fig 7)

3 Follow the stitching procedure from point 7th 8th, 9th of task -1. (Fig 8)

TASK 3:  Stitch diagonal basting
1 Cut two cotton fabric pieces of size 10cm × 6cm.
2 Fix one fabric over the other fabric using ball pin.
3 Draw 2 horizontal lines at the centre of the fabric with a distance of 1cm.
4 Mark points on the lines at equal distance on both the lines naming as A,B,C,D and A’, B’, C’,D’,...

5 Bring the threaded needle from point ‘A’ from the base of the fabric.
6 Insert the needle from ‘B’ to ‘B1’ and pull the thread, diagonal stitch is formed.

7 Repeat the same procedure along the points and finish the diagonal stitch with the knot at the base of the fabric.

Textile and Apparel: Dress Making - Exercise 1.1.04
TASK 4: Slip basting

1 Cut two cotton fabric pieces of 10cm \times 6cm.

2 Take one piece and fold the edge of the fabric to 1.5cm.

3 Mark 1.5cm at the other edge of the fabric.

4 Place the folded fabric over the other flat fabric on the 1.5cm mark from the edge and pin on both the edges.

5 Mark slant small line on both the fabrics together naming 1, 2, 3, 4 on top fabric and A, B, C, D on the base of the fabric.

6 Bring the needle out at the point 'A' from the base of the pinned fabric.

7 Insert the needle backside through 1' and bring it out at '2', again insert the needle.
Prepare samples of permanent hand stitches

Objectives: At the end of this exercise you shall be able to
• cut the cloth to the required size
• mark the position of stitches
• stitch the 5 types of permanent stitches.

Requirements

<table>
<thead>
<tr>
<th>Tools/Instruments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Scale - 12”</td>
<td>• Cotton fabric 10cm × 6cm</td>
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<td>• Pencil HB</td>
<td>• Thread</td>
</tr>
<tr>
<td>• Scissor - 8”</td>
<td>• Needle</td>
</tr>
<tr>
<td>1 No.</td>
<td>• Measuring tape</td>
</tr>
<tr>
<td>1 No.</td>
<td>• Thimble</td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Prepare running stitch

1. Cut two cotton fabric pieces of size (10cm width × 6cm length) (Fig 1)

![Fig 1](image1)

2. Cut (50 cm) thread from the cone. (Cut required thread from the thread cone)

3. Make a knot at one end of the thread. Follow the previous Exercise (3.01) (Fig 2).

![Fig 2](image2)

4. Fix one fabric over the other fabric using ball pin. (Fig 3)

![Fig 3](image3)

5. Draw a horizontal line at the middle of the fabric. (Fig 4)

![Fig 4](image4)

6. Mark equal stitch length with distance of (0.5cm) on the fabric. (Fig 5)

7. Insert the needle at point ‘A’ on the wrong side and bring it on the right side.

8. Start the running stitch by inserting the needle at point ‘b’ and bring it out in ‘C’.

![Fig 5](image5)
Complete the stitch by passing the thread through all point equally.

9 Running stitch is completed.

Check with your instructor and press the piece and past it in the record .

Follow the procedure to all the hand sittches.

TASK 2: Prepare hemming stitch

1 Cut one cotton fabric piece of size 10cm × 6cm as shown in (Fig 6).

2 First make a fold with a distance of 0.5cm on the wrong side. (Fig 7)

Secondly make another fold on the same side with 1.5cm.(Fig 8)

3 Using a ball pin fix the fold inplace. (Fig 9)

4 Prepare the needle and thread to start the stitch.

5 Mark equal stitch length with distance of 1cm on the fabric.

6 Insert needle through the folds and bring it out at point 0. (Fig 10)

7 Insert the needle at point A by picking 1 or 2 thread on the bottom fabric at a time and take the needle through the edge of the top folded fabric. (Fig 11)

8 Complete the stitch till the end of the fabric.

9 The finished look on the right side.
TASK 3: Prepare slip stitch

1. Cut two cotton fabric pieces of size 10cm × 6cm. (Fig 13)

2. Take one piece of fabric and fold the edge to 1.5cm. (Fig 14)

3. Take another piece of fabric mark a line of 1.5cm on the edge. (Fig 15)

4. Mark stitch length with distance of 0.5cm.

5. Insert needle at ‘A’ in the upper section of the fabric, insert the needle next into the folded fabric and brim out at ‘b’ on fold. (Fig 17)


7. Insert at ‘C’ on folded fabric and bring out at ‘d’.

8. Continue the stitches in the same way till the end of the fabric. (Fig 18)
TASK 4: **Prepare back stitch**

1. Cut two cotton fabric pieces of size 10cm × 6cm. (Fig 19)

2. Fix one fabric over the other fabric using ball pin.

3. Draw a horizontal line at middle of the fabric.

4. Mark equal stitch length with distance of 0.5cm on the fabric. (Fig 20) naming (abcd..)

5. Insert the needle from the wrong side from ‘B’ and bring to the right side.

6. Insert needle again through A and bring it out at ‘C’. Again insert the needle at ‘B’ and bring it out at ‘D’. (Fig 21)

7. Continue this procedure till the fabric end.

8. The finished piece is shown in (Fig 22).
TASK 5: Prepare over cashing

1. Cut one cotton fabric pieces of size 10cm × 6cm. (Fig 23)

2. Take one piece of fabric and fold the edge to 1.5cm. (Fig 24) Mark equal stitch length of 0.5cm

3. Insert the needle through the fold at point ‘A’ little above the mark ‘A’. (Fig 25)

4. Insert at point ‘b’ pick up 1 to 2 threads of the main material fabric and bring the needle through the folded top fabric.

5. Again insert at the point C and continues the stitch and finish till the end of the fabric. (Fig 26)

TASK 6: Prepare whip stitch

1. Cut two cotton fabric pieces of size 10cm × 6cm. (Fig 27)

2. Fold the edge of the fabric piece to 1.5cm. (Fig 28)

3. Fold the other fabric piece hold the pieces right side facing right together and pin with ball pins. (Fig 29)

4. Insert the needle through the fold of an piece and bring it at point ‘a’.

5. Take the needle over the folded edged pieces, pick up only a few threads insert from the back piece to the front piece at point ‘b’. (Fig 30)
6. Slanted stitches will be produced on the finished edge. The stitches length may be short or long depending on the fabric. (Fig 31)

7. Continue the procedure and complete the stitch till the end of the fabric.
Attach sari fall

Objectives: At the end of this exercise you shall be able to
• attach the fall to a sari invisible from the right side at correct position
• press the sari.

Requirements

Material
- Sari (Cotton) and cotton fall

PROCEDURE

TASK 1: Attach sari fall

1. Shrink and press the fall. Start approximately 8 hrs before stitching.

   Only cotton falls need shrinking and pressing.

2. Mark 1 cm fold at both the ends of the length of the fall on the wrong side and press.

3. Pin the fall at the lower edge of the sari, wrong sides of sari and fall facing. Start at the inner end of the sari (opposite pallu) leaving 20 cm distance from the sari end. (Fig 1)

4. Baste the fall and remove pins.

5. Attach the lower part of the fall to the sari using half back stitch from the right side of the sari.

6. Thread the needle (single thread) and secure the end by stab stitch at the base line or outer edge of the sari fall.

7. Take a half back stitch of 1 mm from right side and bring the needle out making approximate 3 mm stitch at wrong side.

8. Continue in this manner working up to the full length of the fall.

9. Finish both the upper and lower part and the two side parts of the fall using half back stitch.

10. Press the sari fall while placing the sari on the pressing table and press the fall dry (without using water) from the wrong side of the sari.

11. Then press the whole sari, place the right side of the fabric upwards and turn the fabric so that warp yarns are now vertical on the table.
12 Start pressing from the inner end of the fabric which is on the opposite side of pressing table, drop the pressed parts of the sari towards yourself on floor. Continue until the pallu is pressed.

13 Fold the sari four times in length and once in width and hang over a hanger.

Check the temperature of iron before use. (Adjust regulator of iron according to fabric).

Check plug and socket for damages. If so, inform attendant or instructor.

Check the lead of iron.

Stand on rubber mat while pressing.

Place the water bowl (if needed) opposite to the lead of iron.
Prepare samples of decorative stitches by hand

Objectives: At the end of this exercise you shall be able to
• make various decorative stitches by hand.

Requirements

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</thead>
<tbody>
<tr>
<td>• Embroidery needle</td>
<td>• 1 m of cotton fabric (cambric/ poplin)</td>
</tr>
<tr>
<td></td>
<td>• Embroidery Thread - Skeins in various colours</td>
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PROCEDURE

TASK 1: Make various decorative stitches by hand

Prepare the following stitches: Stem stitch, blanket stitch, herringbone stitch, fishbone stitch, straight feather stitch, double feather stitch, chain stitch, Lazy-daisy stitch, closed blanket stitch, cross stitch. Leave 5 cm on the top and bottom of the material.

Stem stitch (Fig 1): Hold the needle in right hand and insert the needle from the underside of fabric into the starting point at left side.

Working from left to right take regular slightly slanting stitches along the line of design. Continue in this manner, keeping all the stitches even.

For the stem stitch, the thread is placed below the needle.

Blanket stitch (Fig 2): Mark horizontal lines at equal distance of 1 cm.

Working from left to right, bring needle out from wrong side on lower line. Then insert the needle on upper line and bring it out again on lower line. Hold thread down and take a stitch, pointing needle towards yourself with thread under the needle. Take needle through the loop and pull the thread forming a blanket stitch. Repeat the same stitch at a distance of 1 mm.

The length and distance of the stitches should be grouped or spaced, but keep the stitches even.

Closed blanket stitch (Fig 3): Blanket stitch is formed same as the buttonhole stitch (Ref. Ex. 1). It is also used for different shapes. Here it’s a V-shape.

Buttonhole stitch (Fig 4): Mark two horizontal lines at an equal distance of 0.5 cm. Work blanket stitches as close as possible to each other and repeat. Stitch is performed same as blanket stitch but stitches are placed very closely.
Fishbone stitch (Fig 5): Trace a design (Ref SS2) and fill the shape with fish bone stitch. Bring the thread through at 1 and make a small straight stitch along the centre line of the shape. Bring the thread through again at 2 and make a sloping stitch across the central line at the base of the first stitch. Bring the thread through at 3 and make a similar sloping stitch to overlap the previous stitch. Continue working alternately.

Note: Stitches should be very close to each other so that the fabric should not be shown.

Straight feather stitch (Fig 6): Bring the needle out at 1. Hold the thread with left thumb, insert the needle at 2, i.e. a little to the right on the same level as 1, and take a small stitch to the centre (3) keeping the thread under the needle point. Insert the needle a little to the right (4), again hold the thread with left thumb. Bring the needle out at 5 thread under the needle point. Continue.

Double feather stitch (Fig 7): Follow the same method as with straight feather stitch but take two stitches to the right and left alternately.

Chain stitch (Fig 8): Bring out the needle from the underside of cloth, work from left to right, so you can fix loops with the left hand thumb. Form a loop in front of the needle, insert the needle a second time at the starting, bring out the needle at a short distance keeping thread under the needle point and pull the thread. Again form a loop, insert the needle from where it emerged last and continue as described.

Lazy-daisy stitch (Fig 9): Trace a design (Refer SS.2) The new stitches will work in the same way as the chain stitch but lock the end of the loop at its centre with a short stitch.
**Herringbone stitch** (Fig 10): Mark 2 parallel lines of approximately 0.5 cm distance. Bring the needle out on the lower line at the left side and insert on the upper line a little to the right. Take a small stitch to left with the thread below the needle. Next insert the needle on the lower line a little to the right and take small stitch to the left with the thread above the needle.

**Cross stitch** (Fig 11): Draw two lines at 0.5 cm distance to each other. Stitch a diagonal stitch between the two lines. Insert the needle on the lower line slant to the right upper line (45°), insert the needle and come out straightly on the lower line. Finish the row.

**Satin stitch** (Fig 12): Take 2 or 3 ply thread and stitch on the line of the design with small running stitches. Then fill the design with long loose stitches covering the trimming stitches.

**Split stitch** (Fig 13): The split stitch is very similar to the Chain stitch. You start in the same manner. Then don’t form a loop but pass the needle through the thread. Take care to get the centre of the thread.

**Single hem stitch** (Fig 14): Draw six yarns. Start at a distance of 2.5 cm from each side of the fabric. Fold a hem at each side by folding 0.5 cm first and then 2 cm for the second fold up to the edge of the drawn yarns. Fix the hem with pins first then with even basting. Fix the thread at the right corners of one hem. Pick up 3 or 4 of the remaining yarns in the drawn thread line. Turn the thread around the needle and tighten them. Make a diagonal stitch of 1 mm distance and insert the needle into the hem edge. Repeat the same process and finish the whole line.

**Double hem stitch** (Fig 15): Finish the two opposite sides of the cloth by double hem stitch. When one of the edge has been finished as described above, turn the work and make duplicate stitches along the opposite edge of the drawn threads. Take care to retain thread groups that were established on the front edge.
Identify the major parts of single needle lock stitch machine

Objectives: At the end of this exercise you shall be able to
• identify the major parts of single needle lock stitch machine and their uses
• practice on sitting posture and to fix the needle.

Requirements

<table>
<thead>
<tr>
<th>Tools &amp; Equipments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single needle lock stitch machine</td>
</tr>
<tr>
<td>Double needle lock stitch machine</td>
</tr>
<tr>
<td>Overlock machine</td>
</tr>
<tr>
<td>Button hole machine</td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Identify the major parts of single needle lock stitch machine and their functions

Needle bar
1 Needle bar holds the needle at one end with the help of a screw
2 It is a moving part to form stitches with the needle
3 Its main function is to give the needle its motion.

Presser foot
It is a shoe shaped component fixed to the bar to hold the cloth while sewing.

Fig 1

NAMES OF MAJOR PARTS

1 Needle bar
2 Presser foot
3 Thread retainer
4 Pre-tension
5 Machine pulley
6 Reverse Stitching lever
7 Bobbin winder
8 Finger guard
9 Thread take-up cover
10 Belt cover
a) Thread retainer
It is small hook through which thread runs directly to the needle in a vertical direction.

b) Pre-tension
It is used to make threading easier and also prevent the thread from coming out at the sewing start position.

c) Mechanic pulley
It is a rotating part to connected with main shaft and motor with the help of belt.

d) Reverse stitching lever
It is used to stitch the fabric in reverse direction (for rubbing).

e) Bobbin winder
It winds the thread several times around the bobbin and thread should be wound evenly on to the bobbin if not there may be trouble in stitching or unevenness in stitch tension.

f) Finger guard
It is safe guard to prevent the finger going under the needle.

g) Thread take up lever cover
It avoids the accident during sewing the window glass is placed in a machine.

h) Belt cover
To prevent the accident during sewing, the belt has cover.

TASK 2: Practice on sitting posture and to fix the needle

1 Take the correct sitting position while work on sewing machine (Fig 2)

2 While stitching on machine light (window) should face you from the left side. Height of the Stool / Chair should be according to the body height, (i.e), while stitching the upper body should not be bended.

3 Don't sit on the edge but on the middle of the seat

4 Set your right foot a in right position on the pedal. (Fig 3)

5 Set your eye always on the needle part.

6 To insert a machine needle first loose the needle clamp screw , then, put needle up in to clamp as far as possible as the shank portion of the needle on top.(The needle can't the needle bar). Then tighten the needle clamp screw (Fig 4)

7 To Remove the needle,, reverse the insertion process.
Practice on operations of single needle lock stitch machine

Objectives: At the end of this exercise you shall be able to
- thread the lower thread and upper thread
- wind the bobbin with lower thread
- remove the bobbin from bobbin case
- insert the needle with needle bar
- adjust the stitch length, thread tension and presser foot pressure.

Requirements

<table>
<thead>
<tr>
<th>Machine</th>
<th>Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single needle lock stitch machine</td>
<td>- 1 No. Bобbin &amp; bobbin case</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
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<td></td>
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</tbody>
</table>

PROCEDURE

TASK 1: Threading the lower thread to the bobbin insert it into the bobbin case

1. Hold the bobbin towards left hand, so that the thread winds to the right.
2. Insert the bobbin into the bobbin case. (Fig 1)
3. Pass the thread through the slot as shown Fig 1a and under the tension spring has shown in Fig 1b.
4. Pull the thread out through the hole in the end of the tension spring
5. Check that the bobbin turns clockwise when the thread is pulled
6. Hold the latch on the bobbin case into the rotary hook. (Fig 1c)

TASK 2: Threading the upper thread to the machine

1. Before threading the upper thread. Raise the thread take up lever. (Fig 2)
2. This will make threading easier and it will prevent the thread from coming out while sewing
3. Thread the machine as shown in Fig.2 according to the points mentioned in it.
TASK 3: Wind the lower thread to the bobbin

1. Turn on the power switch
2. Place the bobbin onto the bobbin winder shaft
3. Push down the bobbin presser arm as far as it will go. (Fig 3: Pt:1, 2, 3)
4. Wind the thread several times around the bobbin in the direction indicated by the arrow.
5. Depress the treadle, lower thread winding will then start.
6. Winding of the lower thread is completed, remove the bobbin and trim the thread. (Fig 3)
7. Loosen the screw, if the thread can not be wound on evenly, move the bobbin winder guide to left or right.
8. Tighten the adjusting screw to wind more thread onto the bottom

The amount of thread wound onto the bobbin should be maximum of 80% of the bobbin capacity.
**TASK 4:** Remove the bobbin from bobbin case

1. Turn the machine pulley to raise the needle until it is above the needle plate
2. Pull the latch of the bobbin case upward and then remove the bobbin case. (Fig 4)
3. The bobbin will come out when the latch is released.

**Fig 4**

**TASK 5:** Insert the needle with needle bar

1. Turn the machine pulley to move the needle bar to its highest position. (Fig 5: Pt:1)
2. Loosen the screw. (Fig 5: Pt : 2)
3. Insert the needs as shown in Fig 5: Pt : 3 in a straight line as far as it will go.
4. Make sure that the long groove on the needle is at left and then securely tighten the screw.

**Fig 5**

**TASK 6:** Adjust the stitch length

1. Turn the stitch length dial (Fig 6a) until the desired stitch length number is aligned with the pin above the dial (Fig 6b)
2. The longer the stitch length will be the larger the number to be set in the stitch length dial
3. When turning the stitch length dial from larger setting to a smaller setting, it will be easier to turn the dial if the reverse stitching lever is pushed to the halfway down position.
TASK 7: Reverse stitching lever
1 When the reverse stitching lever is pushed, the cloth feed direction will be reversed.
2 When it is returned to its original position, the feed direction will change back to normal. (Fig 7)

TASK 8: Adjust the thread tension
1 Upper thread tension: After lowering the presser foot, turn the adjustment screw to adjust the thread tension (Fig 8)
2 Lower thread tension: Thread tension nut is adjust by turning the bobbin case until it will not drop by its own weight. While the thread end coming out of the bobbin case in hold.
3 Correct seam as shown in Fig 9
4 Appearance of seam when upper tension is too week. (Fig 10)
5 Appearance of seam when upper thread tension is too strong. (Fig 11)

TASK 9: Adjust the pressure foot pressure
1 Loosen the adjustment nut as shown in Fig 12 : Pt : 1
2 Turn the adjustment screw its adjust the presser foot pressure as shown in Fig 12
3 The presser foot pressure should be as weak as possible, but strong enough to hold the material which does not slip.
4 Tighten the adjust nut as shown in Fig 12 : Pt : 1
5 Correct stitches – upper thread. (Fig 13)
6 Skipped stitches occurs when the pressure is increased. (Fig 14)

7 Uneven stitch length – the pressure is increased. (Fig 15)

8 Stitches are puckered when the pressure is decreased. (Fig 16)
Textile and Apparel
Dress Making - Basic Operations

Exercise 1.1.10

Practice on straight stitching in single needle lock stitch machine

Objectives: At the end of this exercise you shall be able to
• practice on speed control of the lock stitch sewing machine
• perform stitch lines in different shape on paper and fabric.

Requirements

<table>
<thead>
<tr>
<th>Requirements</th>
<th>- 1 No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Machine</td>
<td></td>
</tr>
<tr>
<td>• Single needle lock stitch machine</td>
<td></td>
</tr>
<tr>
<td>Tools</td>
<td></td>
</tr>
<tr>
<td>• Bobbin &amp; bobbin case</td>
<td></td>
</tr>
<tr>
<td>• Thread &amp; needle each</td>
<td></td>
</tr>
<tr>
<td>• Measuring tape</td>
<td></td>
</tr>
<tr>
<td>• Scale</td>
<td></td>
</tr>
<tr>
<td>• Pencil</td>
<td></td>
</tr>
<tr>
<td>Materials</td>
<td></td>
</tr>
<tr>
<td>• A4 size papers</td>
<td></td>
</tr>
<tr>
<td>• Cotton fabric (cambric/ poplin)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.15m x 0.30m</td>
</tr>
<tr>
<td></td>
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</tbody>
</table>

PROCEDURE

TASK 1: Practice on speed control of the lock stitch sewing machine

1. Switch on the sewing machine.
2. Raise the process foot up.
3. Take one paper and place it below the presser foot.
   and down the presser foot with the help of Presser foot lifter.
4. Keep the both hands on paper. Concentrate and slightly press the pedal.
5. Note that the needle and paper the movement. Also note the speed of the machine.
6. Stop the machine by removing the foot from the pedal.
7. Practice the above procedure until to get the speed control.

TASK 2: Perform stitch lines in different shape on paper and fabric

1. Draw lines on A4 paper
2. Draw each exercise twice on one sheet. Use Pencil and scale (Fig. 1)
3. Place the paper under the presser foot. Keeping excess material on the left side. While stitching on paper don't thread the needle.
   Press down the presser foot lifter of sewing machine by right hand and fix the material under the presser foot. Keep the mark on material under the needle point under the presser foot.
   Start moving the treadle, while you push the fly wheel of the machine by right hand towards yourself.
   Continue the movement of the treadle with your feet. While stitching, control the material with both hands. With the movement of machine the feed-dog will automatically transport the material but you have to pay attention on the needle and presser foot to maintain the correct line of the stitches.
4. Keep full tension on the material and needle. Take care that your clothes are not caught in the treadle wheel of the machine. Save your fingers from needle while controlling the cloth as machine stitching is faster than hand stitching.
5. In the same way, practice on fabric with threading the needle and bobbin.
   Now perform all the stitch lines once on double layered cloth of 20 x 22.5 cm. Cut the material for 7 sets (i.e. 14 pieces), put two pieces together above each other, bast and stitch all around leaving 0.5 cm from all edges. Take excess material (20 x 45 cm) to perform the straight stitch lines. While working on the curved stitches, insert brown sheet underneath the material.
6. Before you start stitching check thread tension of upper and lower thread.
To secure threads at the end use reverse stitching mechanism. Place these back stitches over the previous stitch or just inside the previous stitch line. (Fig 2)

Don’t stitch beyond the cut edge of the fabric, otherwise the fabric might be pulled down into the needle plate hole.

You can also tie the thread ends. Therefore you first have to bring lower thread to the right side of the fabric.

Pull on the upper thread to catch the lower thread. Then pull it through completely. Tie threads together and trim away the excess threads. (Fig 3)
Textile and Apparel
Exercise 1.1.11
Dress Making - Basic Operations

Use special attachments in single needle lock stitch machine

Objectives: At the end of this exercise you shall be able to
• use special attachments in single needle lock stitch machine.

Requirements

<table>
<thead>
<tr>
<th>Tools/ Instruments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Single needle lock stitch machine - 1 No.</td>
<td>• Cotton fabric (cambric/ poplin) - 0.20 m</td>
</tr>
<tr>
<td>• Special attachments - Hinged presser foot</td>
<td>• Zip - 1 No.</td>
</tr>
<tr>
<td>• Gathering foot</td>
<td>• Button - 1 No.</td>
</tr>
<tr>
<td>• Zipper foot</td>
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</tr>
<tr>
<td>• Invisible zipper foot</td>
<td></td>
</tr>
<tr>
<td>• Ruffler foot</td>
<td></td>
</tr>
<tr>
<td>• Tucker foot</td>
<td></td>
</tr>
<tr>
<td>• Hemmer foot</td>
<td></td>
</tr>
<tr>
<td>• Button foot</td>
<td></td>
</tr>
<tr>
<td>• Button hole far</td>
<td></td>
</tr>
<tr>
<td>• Cording foot</td>
<td></td>
</tr>
<tr>
<td>• Single turn tape binder</td>
<td></td>
</tr>
<tr>
<td>• Right angle double foot binder</td>
<td></td>
</tr>
<tr>
<td>• Lap seam folder</td>
<td></td>
</tr>
<tr>
<td>• Yoke setter</td>
<td></td>
</tr>
<tr>
<td>• Flat stitching guide</td>
<td></td>
</tr>
<tr>
<td>• Swing arm stitching guide</td>
<td></td>
</tr>
<tr>
<td>• Swing arm stitching guide</td>
<td></td>
</tr>
<tr>
<td>• Cylindrical stitching guide</td>
<td></td>
</tr>
<tr>
<td>• Seam gauge - 1 No. (each)</td>
<td></td>
</tr>
</tbody>
</table>

Materials

PROCEDURE

TASK 1: Use special attachments in single needle lock stitching machine

The following are some of the special sewing machine attachments. View the demonstration and observe the uses of these attachments and use when required.

Foot Attachment

Replace the presser foot of the sewing machine, with the special foot attachment to perform special operation.

Hinged presser foot when attached to the presser foot bar, it holds the fabric & feeds as well as it adjusts its left, right or both the fingers of to rise or lower according to variations in the thickness being sewn. (Fig 1)

For gathering fabric by machine, fix the gathering foot, which automatically gathers with each stitch machine takes. The fabric will be gathered closely. Zipper foot is used to stitch any seam with more bulk on one side than the other. It is used for zipper attachment, covering cord etc. The foot is set at the left or right side of the needle as required while sewing. (Fig 2)
Zipper foot is used to stitch any seam with more bulk on one side than the other. It is used for zipper attachments, covering cord etc. The foot is set at the left or right side of the needle as required while sewing (Fig 3).

This special foot is the other type of zipper used for invisible zipper application. It fits all makes of machine. Bottom of the foot has two channels through which zipper coils pass while zipper is being stitched. (Fig 4)

The ruffler attachment folds the fabric automatically. The cloth is entrapped in the bent place and frills go on shaping. It is especially used for decorative purpose with longer stitches. (Fig 5)

The tucker foot when attached and stitched, it automatically forms pin tucks by its grooves. This foot is available with different numbers of grooves and is used with a twin needle. (Fig 6)
Machine facsimiles of hand rolled hems are made with the help of hemmer foot. The fabric fed, is automatically rolled and stitched, which gives a heat rolled hem finishing. (Fig 7)

The button foot attachment is capable of holding the button in place while the needle stitches from side to side. The stitch width must equal the space between the holes in the button. (Fig 8)

The buttonhole is used when stitching machine worked buttonholes. It is available both in metal and transparent plastic. Guidelines are usually etched into foot to help with stitch placement. (Fig 9)

The cording foot has large groove underneath to sit over cord. It stitches close to the cord. Another type of foot sews with twin needle on either side of the cord. (Fig 10)

Binder and folder attachment

Biner and folder type of attachments are used for folding and/or joining while simultaneously sewing.

This type of attachments are mounted at the machine bed and used.

This attachment is used along with a hinged foot, this folder is used for tapes which have a finished edge.

The binder is mounted on the throat plate, at right angles to the sewing line. A special feed dog set and foot are parts of the unit which folds in both edges of the tape as it is being bound and sewn.
This folder is used on two or three needle machines; it folds the edges of the two parts being joined and interleaves them while being sewn.

Yoke setter is used mainly for shirts; this folder turns in the edges of the two yokes and sandwiches the body section between them.

Guide Attachment

The guide and gauge attachments enable the operator to sew or top stitch parts at a consistently accurate width. Like binder and folder attachments, guide attachments are also mounted on the bed plate of the machine and stitched.

Flat stitching guide is mounted on the sewing machine bed plate and the raised left end acts as the edge guide.

Swing arm stitching guide is mounted on the presser foot bar and is available with guide arms to the left or right of the needle. The arm, with the guide edge, can be raised or lowered as required by the stitching.

The edge guide is a small wheel which enables very sharp contours to be accurately stitched. A spring locking action engages or releases the guide very quickly.
Seam gauge is attached to the machine bed and then adjusted to be at a specific distance from needle and stitched.
Identify parts in over lock machine

Objectives: At the end of this exercise you shall be able to
• identify the parts of over lock machine components
• thread the over lock machine and adjust the stitch length
• adjust the stitch length
• change differential feed mechanism.

Requirements

<table>
<thead>
<tr>
<th>Machine</th>
<th>Materials</th>
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<tbody>
<tr>
<td>Over lock machine</td>
<td>Thread</td>
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<td></td>
<td>as required</td>
</tr>
<tr>
<td>Tools</td>
<td>Fabric</td>
</tr>
<tr>
<td>Scissors</td>
<td>as required</td>
</tr>
<tr>
<td>Screw driver</td>
<td></td>
</tr>
<tr>
<td>Trimmer</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Identify the major parts of over lock machine (Fig 1)

1 Oil window glass
It is used to indicates the oil level in the oil tank

2 Balance wheel
On the balance wheel the stitch length specification is given.

3 Side plate
After threading the looper and during stitching ensure the plate to be closed completely.

4 Tension disc
For 5 thread over 2 needle thread tension disc and 2 looper tension is given.

5 Presser foot pressure hub
Based on the fabric the tension will be adjusted by using pressure foot hub.

6 Presser foot
Compensating pressure is given to hold the fabric and avoiding ply shift.

7 Feed dog
Differential feed dog is placed.

8 Knife
Adjacent the needle, the blade is placed to cut the raw edges then start the sewing process.

![Fig 1](image-url)
TASK 2: Threading the overlock machine

1. Thread the overlock machine. (Fig 2)

2. 1st thread comes from the spool stand inserted into the 1st needle.

3. 2nd thread for the second needle.

4. 3rd thread from spool drawn to the back side looper. (Fig 3)

5. 4th and 5th thread for the lower assemble loopers.

TASK 3: Adjust the stitch length

1. Slowly turn the hand wheel as keep depressing push button will find a point at which the push button goes in further.

2. Maintain the above condition, align the desired scale mark on the hand wheel with the white mark on the belt cover.

3. Reset the push button after setting the dial. (Fig 4)

Textile and Apparel: Dress Making - Exercise 1.1.12
TASK 4: Change the differential feed mechanism

1. Loosen differential feed lock nut. Move lever up for stretching as down form the gather stitch.

2. Position 'S' provides a differential feed ratio of 1:0, 64, while it provides 1:1 stitching stitch.

3. Gathering stitch can be set up to a differential feed ratio of 1:1:76 and up to 1:2:9 as shown in the Fig 6.
Textile and Apparel  
Dress Making - Basic Operations

Make button holes by hand and by machine

Objectives: At the end of this exercise you shall be able to
• prepare one-bar-one fan button hole by hand
• prepare a corded key hole button hole by hand
• prepare a bound button hole by hand
• cut and stitch shirt/ pant button holes by zig zag machine.

Requirements

<table>
<thead>
<tr>
<th>Machine</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Zig-zag machine</td>
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Tools

<table>
<thead>
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</thead>
<tbody>
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<td>Hand needle</td>
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<tr>
<td>Shears</td>
<td>1 No.</td>
</tr>
<tr>
<td>Pencil</td>
<td>1 No.</td>
</tr>
<tr>
<td>Scissors</td>
<td>1 No.</td>
</tr>
<tr>
<td>Scale</td>
<td>1 No.</td>
</tr>
</tbody>
</table>

Materials

<table>
<thead>
<tr>
<th>Material</th>
<th>- as required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thread</td>
<td></td>
</tr>
<tr>
<td>Fabric</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Prepare one-bar-one fan button hole by hand

Take 2 pieces of 15 x 15 cm. Cover one by the other congruently in warp direction with wrong sides together and stitch around with machine leaving 1 cm seam allowances from all edges. For marking position of buttonhole, draw a line of 15 mm with pencil at the centre of the stitched piece in warp direction. This line is called slash line. (Fig 1)

Place a row of machine stitches around the slash line (2mm away from slash line). (Fig 2)

Machine stitches must be approx. 6 stitches per 1 cm.

Set the buttonhole scissor according to the buttonhole, then cut along the slash line with buttonhole scissors using one thread of fabric as a guide.

Scissors must be sharp and pointed.

Overcast the raw edges of the slit by hand with single thread, keeping 3 stitches per cm and length of 2 mm. (Fig 3)

Hold the fabric by left hand and start filling the overcasted edge from one end by buttonhole stitches covering the machine stitched line. Take the stitches close side by side at a regular distance maintaining even tension in each stitch. (Take suitable thick thread or twisted double thread.) (Fig 4)

At the outer end spread, 5 to 7 stitches in fan shape. (Fig 5)
Fill the remaining cut by buttonhole stitches. On the end make two stitches taking full width of both worked out edges for bar tacking. (Fig 6)

Fill bar tack stitches by buttonhole stitches. (Fig 7)

While filling bar tacks with buttonhole stitches, the needle should catch one thread of the previous buttonhole stitches of either side.

Dip the needle in the end of the bar tack to the under side of the cloth and make two locking stitches catching bar tack thread and few threads of cloth. Trim the thread. Repeat the process for practice and perfection.

After you have gained perfection there is no need of setting a stitch line around the slash line.

**TASK 2 : Prepare a corded key bole button hole by hand**

Take two pieces of cloth 15 x 15 cm.

Mark the buttonhole position at the centre of the piece. Punch a hole of approx. 2 mm diameter with a stiletto at the right end of marking. Machine stitch around the buttonhole mark, 2 mm away from the slash line and the hole. Cut on the marking with scissors upto the end of mark. (Fig 1)

Use a length of cord to fit loosely around the buttonhole, knot it at the ends and secure with pin. Overcast over the cord. Keep the cord within 2 mm from the slashed edge. (Fig 2)

Turn the fabric so that you start to work out the buttonhole from right lower side. (Fig 3)

Workout the buttonhole in the similar process of one-fan-one-bar buttonhole covering the cord and maintain the straight edge of cut and the round of hole. (Fig 4)

Make bar tack in the end. (Fig 5)

Hold both ends of the cord, remove the pin, pull slightly and cut off the excess cord, before filling the bar tacks. (Fig 6)

Repeat the process for practice and perfection.
TASK 3: Prepare bound button hole by machine

Cut two pieces of cloth 15 cm x 15 cm, stitch together on the all four edges as done for other buttonholes. Cut one lip piece of same cloth 6 cm long and 5 cm wide.

Mark buttonhole position on the centre of the big piece 3 cm long, along the grain line on the wrong side of the cloth.

Make running stitch on the mark. Extend the stitches by 2 cm on each side of the mark which will appear on the right side of the cloth. (Fig 1)

On the wrong side, mark two lines with pencil 3 mm away on either sides of the buttonhole mark. Start stitching on the marks from the middle of one side and make a rectangle (overlap few stitches over the starting point). (Fig 3)

Slash layers on the buttonhole mark with a sharp pointed scissors leaving 0.75 cm from each end. Clip diagonally all the four corners. (Fig 4)

Take care that the stitching thread is not cut in the corners.

Turn the lip piece on the wrong side through the hole. (Fig 5)

To square the corners pull both ends of the lip piece tightly so that the corners come out clean. (Fig 6)

Push forward the lip cloth towards centre line by 3 mm forming lip and bast on it slightly away from the ditch of seam on the right side. (Fig 7)
Repeat the same process for the other side lip. (Fig 8)

Take care that width of both lips is 3 mm and that lips meet in the centre line.

To hold the lips together use diagonal basting on the right side. (Fig 9)

Fasten the edges of lip piece on the wrong side with herringbone stitch catching only one layer of the original cloth. (Fig 10)

Press and baste the edges of lip piece before herring bone.

Prepare in total 5 bound buttonholes.

TASK 4: Cut and stitch shirt/ pant button holes by zig zag machine

Take one piece of cloth 15 cm x 15 cm on double as taken in one-fan-one-bar buttonhole. Determine the size of buttonhole length 14 mm and the effective length of buttonhole ie. 10 mm and mark on the cloth on warp direction. (Fig 1)

Setting the machine: Set Zig-Zag holing foot in place of presser foot. Set needle position with selector, set stitch width selector at 1.5 mm width. (Fig 2)

Place marked piece under needle, aligning centre marking of buttonhole with slot in the presser foot. (Fig 3)
Position the needle in the fabric at point 'A'. Lower the foot and stitch to the end of marking up to point B. Drop the needle in the fabric at point 'B'. Make a stitch of 2 mm from B to C. Adjust the stitch regulator for reverse stitch. Stitch other side of the buttonhole back to starting point. (Fig 4)

Adjust the stitch width selector for bar tack at 3.5 mm; make 6 stitches. At the end make a double stitch for strengthening (or leave 2 cm long thread and make a knot at underside). Take out the fabric and finish the bar tack in the same way as at the other end. (Fig 5)

Remove the cloth from the machine and trim the loose threads. Slash in the centre with seam ripper or pointed sharp scissors. (Fig 6)

Take care, not to cut the bar tack thread.

For practice repeat the process in the same way.
Fix fasteness by hand

Objectives: At the end of this exercise you shall be able to
• attach sew through buttons by hand
• attach a sew through button and to form a shank
• attach press studs
• attach metal hooks and to prepare an eye bar from thread.

Requirements

<table>
<thead>
<tr>
<th>Tools/ Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand needle - 1 No.</td>
<td>Long cloth - 0.30 x 0.90 m</td>
</tr>
<tr>
<td>Scissors - 1 No.</td>
<td>Sewing thread - 1 spool</td>
</tr>
<tr>
<td></td>
<td>Buttons (4 holes) - 6 Nos.</td>
</tr>
<tr>
<td></td>
<td>Press studs - 8 Nos.</td>
</tr>
<tr>
<td></td>
<td>Metal hooks - 8 Nos.</td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1 : Attach sew-through buttons by hand

To secure thread make stab stitch: hold the thread end with left hand thumb and insert the needle into the fabric very near (ie. 1 mm) to the 1st insertion from wrong side.

Repeat the last two steps. Cut loose thread end from the upper side. Centre the button upon the mark directly on the stab stitch.

Bring needle through the button from one hole and back into the fabric by other hole and pull the thread. (Fig 2)

To secure thread make stab stitch: hold the thread end with left hand thumb and insert the needle into the fabric very near (ie. 1 mm) to the 1st insertion from wrong side.

Repeat the last two steps. Cut loose thread end from the upper side. Centre the button upon the mark directly on the stab stitch.

Bring needle through the button from one hole and back into the fabric by other hole and pull the thread. (Fig 2)

Fig 2

Repeat the process twice.

Bring the needle from the underside of the fabric through the remaining holes of the button. (Fig 3)

Fig 3

Then bring back into the fabric through the other hole left. (Fig 4)

Fig 4
Repeat the step four more times.
To secure the thread, insert the needle into the thread of the last stitch below the fabric, leave a loop, pass the needle through the loop and pull the thread. Repeat the process one more time.
Fix another button on a mark on the cloth in the same way.

---

**TASK 2: Attach a sew-through button and to form a shank**

Take another 2 pieces (15 x 15 cm) and stitch all around with machine. Set 5 marks (Task 1).

Secure the thread as described (Task 1).

Bring needle through the button from one hole.

Lay a pin/toothpick/match-stick above the button, stitch across top of the pin from underside through one hole and take needle down to other hole. (Fig 1)

---

**TASK 3: Attach press studs**

Take 4 pieces of cloth (15 x 15 cm) machine stitch 2 pieces together so that you get 2 sets. Mark position for fixing ball parts on one and socket parts on another set. (Fig 1)

Thread the needle with a double thread (both cutted ends are passed through the needle eye). To secure thread, insert the needle in the cloth downwards on the marking, bring out the needle upwards at a distance of 2 mm, pull the thread partly and pass the needle through the loop at the end of the thread.

Fill one hole of the ball part by four buttonhole stitches with double thread. Pass the needle between button and fabric to the next hole beside.
In case of double layered cloth you can also pass the needle between the two layers of the fabric.

Fill the other holes of the ball part in the same manner. (Fig 2)

Secure the thread from the underside of the cloth with back stitch and cut. Take the other set of cloth. Place socket parts of stud over the mark and stitch in the same way as the ball part.

Take care that the stitching areas of the socket and ball part are not covering each other, otherwise press studs will open easily.

TASK 4: Attach metal hooks and to prepare an eye bar from thread

Take 2 pieces of cloth (15 x 15 cm) and prepare double layered set.

Set 4 marks for attaching eye bars at a distance of 3 cm from the left edge of the cloth and for hooks at a distance of 3 cm from the right edge on reverse, ie. the underside of the fabric. (Fig 1)

Secure the double thread at one of left marks by stab stitch (or by loop). Place hook over the mark.

Take care for the right direction of hook and eye bar, so that the cloth forms a tube after closing the fastners.

Fill both the holes of the hook by 5 to 9 button hole stitches in each hole.

Pass needle and thread buttonhole through the fabric to the neck of the hook and make three stitches around the end of the hook neck to hold it flat on the fabric. (Fig 2)

Secure and cut the loose threads - eye bar. To make a thread-eye-bar, mark two points in the total length of the eye (0.5 cm) centered over one mark. Insert the double threaded needle at one mark, secure thread and bring it from the underside of the fabric to the other mark. Take the needle to the first mark from the upper side of the cloth, and repeat three times. Cover all the strands of thread on the upper side of the cloth with closely spaced buttonhole stitches. When finished, bring the needle and thread to the underside of the cloth and secure stitches. (Fig 3)
Mend the fabric

Objectives: At the end of this exercise you shall be able to
- darn a hear and a hole
- stitch a plain patch, a hemmed patch and a decorative patch.

Requirements

<table>
<thead>
<tr>
<th>Tools/ Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Darning needle - 1 No.</td>
<td>Worn out garments</td>
</tr>
<tr>
<td>Hand needle - 1 No.</td>
<td>Patcher</td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Darn a hear and a hole

Straight cut/tear: Study the weave of the fabric and the cut position carefully.

Mark lines all around the cut keeping equal distance (appr. 0.5 cm - 1 cm) on all sides. Use marks as a guidance for darning. (Fig 1)

Draw both edges of the cut together with open fish bone stitch. (Fig 2)

On the wrong side, start to darn on marks rectangular to the cut.

Use the darning needle and if possible use thread from same fabric. Draw threads from the underside of the garment (hem or facing etc).

For best results, use warp thread if you darn in warp direction and weft thread if you darn in weft direction.

Darn according to the weave of the fabric (one thread up and one thread down). Leave loops at the end of the row of stitches, longer loops at each alternate row of the stitches for shrinking. (Fig 3)

Triangular cut: Follow the same method of straight cut. Start working on weft way first, then weave in warp direction through the previous stitches. (Fig 4) At the corner the stitches will overlap.
Darning of a hole: First trim the edges of a hole so that a rectangular shape is visible. Trim also the wornout places around the hole. The darning should extend the hole on all sides by several stitches. Now weave with alternating stitches. (Fig 5)

---

**TASK 2 : Stitch a plain patch, a hemmed patch and a decorative patch**

Select a patch first. A patch should be of the same material as the garment.

If the fabric is figured, cut the patch to match the designs. If the material is to be durable, it should be of the same weight and texture as the garment.

Always cut a patch on the straight of the fabric and match the grain of the patch to the grains of the garment.

**Plain patch**: Independent of the shape of the hole, the patch has to be square or rectangular. Baste with rectangular or square shape around the wornout place or hole. Trim the edges around the hole matching the shape of basting and leaving 1 cm inside from basting. Clip 1 cm diagonal cuts at each corner. (Fig 1)

Fold back the edges (seam allowance) to the wrong side of the garment. Press flat and be careful not to stretch the edges.

Place the cut out part on the patch fabric, mark the outlines. Add 1 cm seam allowance all around, mark again and cut on the outer lines. Baste on the inner rectangular shape.

Place the patch in position with right sides of the fabric together. Keep the hole in the middle matching the basting lines on the garment and on the patch.

---

**Hemmed patch**: Apply the same procedure as for plain patch but add bigger seam allowance to the patch piece, i.e. add 1.5 cm instead of 1 cm.

Attach patch in the same way. Trim the corners of the garment seam allowance. (Fig 4)

---

Don’t forget to match the grain lines and design of the fabric.

Fix the patch first with basting stitches on the previous basting lines. Then stitch with back or with machine stitches close to the basting lines. (Fig 2)

Take care to tuck the clipped corners carefully.

Press open the seam allowances and trim off the corners. Finish the seam allowance with overcasting and remove basting. (Fig 3)
Press both seam allowances flat on the garment. Turn the patch seam allowance by 0.5 cm to the underside. Baste it to the garment, then hem it with slip stitch. Remove basting. (Fig 5)

**Decorative patch:** Decorative patches are attached on the right side of the garment.

Select a colour contrasting with dress fabric. Draw a design on a paper. The shape of the design should cover the damaged portion in the dress properly. Pin the paper on the patch fabric for cutting the patch. Cut through both, paper and fabric together on the drawn shape.

Baste patch in place. Set running stitches on the outer edges of patch. Finish with close button hole stitches covering the running stitches. (Fig 6)

Trim the edges of the garment at the damaged portion from underside. Leave 1 cm seam allowance, finish it with overcasting.

Decorate the patch with embroidery stitches.
Textile and Apparel

Dress Making - Sample Preparation

Prepare different kinds of seam and seam finishes

Objectives: At the end of this exercise you shall be able to
• prepare kinds of seam and seam finish.

Requirements

<table>
<thead>
<tr>
<th>Tools / Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Single needle Industrial lock stitch machine</td>
<td>• Long cloth - 1 m x 0.90 m</td>
</tr>
<tr>
<td>• Overlock machine</td>
<td>• Cord - 0.30 m</td>
</tr>
<tr>
<td>• Pinking shears</td>
<td>• Sewing thread - 1 No.</td>
</tr>
<tr>
<td>• Hand needle</td>
<td>• Dress maker’s - 1 box</td>
</tr>
<tr>
<td>• Scale</td>
<td>• Shears</td>
</tr>
<tr>
<td>• Shears</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Prepare different kinds of seam and seam finish

Mark and cut the pieces for different samples of seams and seam finish from the given material. All pieces are of the size 25 x 10 cm; except the piece for taped seam (20 x 20 cm); refer to layout. (Fig 1)
Stitch the seams and seam finish in the sequence given below:
- Plain seam (pressed open)
- Double stitched seam
- Pinked seam
- Overcasting seam
- Overlock seam
- Hongkong
- Self bound seam
- French seam
- Flat and felled seam
- Top stitched seam (single and double)
- Slot seam
- Corded seam
- Lapped seam
- Taped seam
- Cross seam

**Plain seam:** Take two pieces of fabric (25 x 10 cm each). Mark a line on one of the pieces 1 cm away from the edge lengthwise. Mark from the wrong side. Pin both pieces perpendicular to the seam line in regular intervals keeping the right sides of fabric together. (Fig 2)

Baste on the line by hand and remove the pins. (Fig 3)

Open the two pieces of fabric and press the seam allowances open. (Fig 5)

**Double stitched seam** (used in heavy and stretch fabric for longer life of seam.): Take two pieces of fabric. Mark two lines parallel to the raw edge, 0.7 cm and 1 cm away from the raw edge. Stitch a plain seam on each of the marked lines. (Fig 6)

**Pinked seam** (used to avoid fraying of edges.): Form a plain seam at a distance of 1.5 cm from the raw edge.

Pink the edges of both seam allowances by using pinking shears. (Fig 7)
For best results, do not fully open the scissors or close all the way to the points. If the fabric is crisp and of light weight, it is possible to trim two edges at once, otherwise do one edge at a time. Pinking will not prevent fraying totally.

Then press the seam open. (Fig 8)

**Overcasting seam** (used to finish raw edges): Form a plain seam pressed open.

Make diagonal (overcasting) stitches by hand at the edge of each seam allowance approximately 3 mm in depth and spaced 6 mm apart. Do not pull the thread tight. Maintain equal distance in depth and distance. (Fig 9)

**Overlock seam** (most common seam finish): Two methods are applicable to perform this kind of seam finish. Take two pieces of fabric and stitch the edges with overlock machine separately. (Fig 10)
Join both pieces right sides together with plain seam. (Fig 11)

Press open the seam (Fig 12).

Or: Join both pieces with plain seam (1 cm seam allowance). Press open and finish each seam allowance with overlock machine separately.

**Joining bias strips:** Take a square piece of fabric (size 20 x 20 cm) and draw a line diagonally between 2 opposite corners, between A and B.

Draw parallel lines at a distance of 2.5 cm on both the sides of the diagonal line. Cut on the drawn lines to make bias strips. (Fig 13)

To join the bias strips place the strips on a flat surface, angles matching. (Fig 14)

Place one strip on the other with right sides together. Pin them with seamlines matching. Strips should form 'V' shape exactly as shown. Take and stitch together at a distance of 0.5 cm from the edge. (Fig 15)

Press open the seam carefully so that bias edges of strips do not stretch, because the bias edges stretch easily and loose shape.

Cut the extended points to make the bias edge of the strip straight. (Fig 16)

Hongkong (seam finish for heavy fabrics): Take two pieces of 25 x 10 cm and join them with plain seam pressed open. Give 1.5 cm seam allowance.

Place one bias strip on the seam allowance, edges congruently together with right sides, and stitch at a distance of 0.5 cm from the raw edge.

Turn the bias strip over the edge to the under side and turn the other edge of the strip 0.5 cm inside and press it.

Set this folded edge up to the seam. Tack it. From the right side, stitch in the crevice of the first stitching. Trim the unfinished edge of the bias. (Fig 17)
Repeat it on the other side of the seam allowance.

Self bound seam (seam finish in light weight fabrics.): Stitch a pressed open seam giving 2 cm seam allowance. Trim one seam allowance to 3 mm. Turn the other seam allowance by 3 mm and press. (Fig 18)

Turn and press again and bring the folded edge to the seam line so that the trimmed edge is now enclosed. Stitch close to the fold as near as possible to the first line of stitching. (Fig 19)

French seam (seam finish for tops and shirts used in loose woven fabrics.): The French seam is stitched twice, first from the right side and then from the wrong side. Take two pieces of fabric and place them with wrong sides together. Stitch at a distance of 3 mm from the edge on the right side. Trim the seam allowance.

Press the seam allowances both to one side.

Fold right sides together, with stitched line exactly on the edge fold, and press again.

Stitch a seam line 0.6 cm away from the edge. (Fig 20)

Flat and felled seam (used in side seams of tops, shirts, denims etc. trousers, crotch attachment, trouser inseam and sideseam, suitable for heavy cotton fabrics.): The flat felled seam is formed on the right side of the fabric. With wrong sides of the fabric together form a pressed open seam at a distance of 1 cm from the edge.

Trim one side of the seam allowance leaving 3 mm. Fold edge of other seam allowance by 3 mm to the wrong side. Press, baste and stitch this folded edge to the fabric.

Remove the basting and press it. (Fig 21)
Since the seam is formed on right side of the fabric you must take care to keep the seam width uniform.

Top stitched seams (for longer lasting seams and decorative purpose)

Single top stitched seam: Press and flat the seam allowance of plain seam to one side and press it.

Turn the fabric to the right side and stitch seam line at a distance of 2 mm from the previous seam line over the seam allowance side. (Fig 22)

![SINGLE TOP STITCHED SEAM](image)

Double top stitched seam: Form a plain seam and press the seam allowance open (to both sides). Turn the fabric to the right side and stitch two seams parallel (each 3 mm away on either side of 1st seam) over the seam allowance. (Fig 23)

![DOUBLE TOP STITCHED SEAM](image)

Slot seam (decorative purpose.): Increase the stitch length of the sewing machine.

Baste with machine on the seam line, leaving long threads at the end. Clip bobbin thread at every fifth stitch. (Fig 24)

![SLOT SEAM](image)

Press the seam open. Cut the underlay piece of same or contrasting fabric (of size 25 x 4 cm). Fold the underlay lengthwise and form a crease line. Under the seam line match the crease line of underlay. Place it on the pressed open seam and baste it along the raw edge. Top stitch at a distance of 0.5 cm from the centre on each side. Stitch from the right side of fabric. Pull out the basting threads. Press it. (Fig 25)

![SLOT SEAM UNDER LAY](image)

Corded seam (decorative purpose.): Cut a bias strip 3 cm of width.

Take the bias strip and fold it with wrong sides together. Place the cord at the folded side in between two layers of the strip. In place of the pressure foot attach zipper foot or ordinary foot and stitch a seam line just near the cord. (Fig 26)

![Corded Seam](image)
Take one piece of fabric, mark on the right side a seam line 1 cm from the edge; then place the above strip on the seam line having raw edge of the cored strip towards raw edge of the fabric. Place the stitches just to the left of the first stitch line. (Fig 27)

Take the other piece of fabric. Place seam allowances with right sides together and cording in between. Use the original line of stitching as a guide and stitch through all layers, crowding the stitches between cord and first stitch line. The last stitch line should be placed slightly closer to the cord. So no stitches will be visible on the right side. (Fig 28)

**Lapped seam** (used to reduce bulk of seam allowance, especially on interfacing and interlining.) Mark a line 1 cm from each edge of two pieces of fabric.

Lap one edge of the sample piece over the other with lines meeting in the centre of overlapping portion and baste it. Place a row of straight stitches on either side of the mark. Trim both seam allowances close to stitching. (Fig 29)

**Taped seam** (specially placed on stretch material and on bias joints to prevent stretching and breaking of seam thread.) Cut a piece of cloth 20 x 20 and cut it diagonally from the centre. Stitch a plain seam 1 cm from the long diagonal cutting lines with right sides of fabric together.

Take a piece of selvedge or tape in straight grain (30 x 1.5 cm). Fold the tape on its center.

Place the fold of tape exactly on the previous seam line, then stitch a straight seam on the line.

Cut the excess length of the tape and trim seam allowance. (Fig 30)

**Cross seam** (used to join 2 seamed parts crosswise for example for crotch attachment.) Take four pieces and join two at a time with plain seam.

Cover one piece with the other with right sides together, seam lines aligned.
Pin through both seam lines with a fine needle. Then pin through both seam allowances on each side of the matched seam lines.

Stitch a straight seam line in right angle to the first seam lines.

When the seam is stitched, trim all the corners of the seam allowances diagonally to reduce bulk. (Fig 31)
Objectives: At the end of this exercise you shall be able to
- stitch a handkerchief by hand
- design decorative lettering (monogram)
- finish different types of corners.

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.40 x 0.40 m</td>
<td>0.45 x 0.90 m Cambric</td>
</tr>
</tbody>
</table>
Job sequence

- Cut the material into 2 pieces of 45 x 45 cm. Use one for the handkerchief.
- Check the material for its size and mill flaws.
- Shrink the material and press.
- Create the design for lettering on tracing paper of 4-6 cm height. Perforate the outer lines with a pin.

The actual measurement after finishing will be 40 x 40 cm.

- Mark points a, b, c, d 4 cm from each edge and join them. (Fig 1)

- Create a diagonal line from a to d by folding and pressing.
- Mark point ‘e’ at a distance of 10 cm from point ‘a’ on the diagonal line (position of monogram). (Fig 2)

- Set the centre of base of lettering on the point ‘e’ marked on cloth.
- Transfer the design on fabric using blue solution and swap. You can also trace a design with the help of carbon paper. In both cases, you have to draw design first on paper. (Fig 3)

- Remove one thread at a distance of 4 cm from all edges of the handkerchief. Remove 3 more threads towards the centre of cloth alternately on all sides.
- Fix the lettering traced portion of fabric in the centre of an embroidery frame and screw the frame carefully, keeping the cloth tight inside the frame.
- Determine the parts of lettering for different stitches using ie. stem, satin, chain, cross stitches, etc.
- Select the colour scheme of embroidery threads.
- Fill the portions marked for selected stitches and selected coloured thread.
- If you use satin stitch make first a border with running stitches. Then fill the marked portion with satin stitches covering the running stitches. (Fig 4)

- Finish the corners by hand. (SS.No.1)
- Finish the edges by hand using hem-stitch.
- Finish and press.
- Prepare other types of corners on a sample piece. (SS.No.2)
Skill sequence No.1

Turned-out corner

Objectives: This shall help you to
- make the corners of the handkerchief.

Turn edges of fabric 0.5 cm towards wrong side of the fabric on all edges. (Fig 1)

Fold corner and set the corner point on the corner of the hole created by removed threads. Fix with 2 stitches. (Fig 2)

Stitch the turned edges of the corner with hem stitch. (Refer Ex.No.1) (Fig 3)

Fold the handkerchief in that way that points a and b (Fig 3) will be joined and the right sides of fabric are together. Join the edges with whip stitch. (Fig 4)

Turn the edge inside out so that c will be on top of the edge. (Fig 5)

Repeat the same process for all the other corners.
Skill sequence No.2

Overlapping and mitring corners

Objectives: This shall help you to
• prepare other types of corners: overlapping, self-turned-up mitring and mitring a flat tape.

Cut the other piece of fabric (cambric cloth) of 45 x 45 cm in 4 equal pieces of 22.5 x 22.5 cm.

**Overlapping corner:** Take one of these pieces and fold widthwise edges (along the weft yarn) first by 0.5 cm, then by 1 cm. Hold the folds in shape with pressing. Then fold lengthwise edges (along the warp thread) in the same manner, so that the new folds will overlap the first ones at corners. Fix the corner and edges with whip stitches. (Fig 1)

**Mitring corners:** Mitring is the diagonal joining of two edges at the corner; the joint may be stitched or folded.

**Mitring on self-turned-up corners:** Take the second sample piece 22.5 x 22.5 cm and finish the corners as follows: Fold on seamlines of widthwise and lengthwise edges, press. Open out edges, fold the corner up, aligning creased lines. Press again. (Fig 2)

Open out the corner. Fold the garment diagonally (on bias) with right sides together and raw edges matching. Stitch on the diagonal press line. (Fig 3)

Trim the corner, leaving 5 mm seam allowance. Trim the corners of seam allowance separately so that they don’t overlap. (Fig 4)

Press the seam allowance open and turn right side corner out. Finish for the remaining corners.

**Mitring with flat tape/ribbon:** Take a sample piece of 22.5 x 22.5 cm. Fold the raw edges on all sides by 6 mm to the right side. Pin and baste. Baste the outer edge of a ready made tape along one side of the sample piece.

Ensure that both outer edges are aligned together so that wrong side of the fold of the sample piece is not visible. Stitch close to the edge; stop slightly above the corner. (Fig 5)
Pull the thread to the wrong side and knot. Fold the tape straight back on itself so that the fold of the tape aligns with lower edge of the sample piece. Pin at the fold to hold in place. (Fig 6)

Fold the tape down and make a diagonal fold at corners aligning the outer edge of the tape with lower edge of the sample piece. Press on diagonal fold. (Fig 7)

Lift the tape at corner and stitch on diagonal crease through all thickness. Trim the corner to reduce bulk and press the seam open. (Fig 8)

Again fold the tape back aligning its lower raw edge with the sample edge. Starting in last stitch at corner, stitch along the outer edge of tape. (Fig 9)

Pull the threads at corner to wrong side and knot. Then stitch along the inner edge of the tape. Press the tape and sample piece. (Fig 10)

Finish the other corners in the same manner.
Sew a pillow cover

Objectives: At the end of this exercise you shall be able to
• stitch a pillow cover with a decorative border
• attach a flap
• attach strips with mitring corner.

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.71 x 0.90 m (without border)</td>
<td>1.25 x 0.90 m Poplin</td>
</tr>
</tbody>
</table>
Job sequence

- Take Poplin cloth of 1.25 x 0.90 m.
- Mark the material, get one piece of 73 x 45 cm and another piece of 74 x 45 cm. Mark the flap piece of 15 x 45 cm below the smaller pillow cover piece. Mark bias strips 10 cm broad on the remaining fabric. (Fig 1)
- Cut all pieces.
- Join strips with straight seam and press seam allowance open.
- Prepare the strip with corners and attach it by basting on the right side of piece (I) of the pillow cover. (SS.No.1)
- Attach the flap and pillow cover piece (II) (SS.No.2)
- Turn pillow cover right side out. Bring out the corners neatly and press.

Skill sequence No.1

Attaching decorative strip

Objectives: This shall help you to
- fix the decorative strip to the pillow cover
- prepare the corners of the strips by mitring.

Fold the strip lengthwise and press it.

Note: Fix the strip with pins on the longer side of the pillow cover piece (I). Start after 1/3 of the side. The folded side of the strips should be inwards.

Don’t start joining at the corner. Don’t start stitching on the joints of the strips.

Stop at the corner on seam line crossing, fold strips diagonally towards fabric. (Fig 1)

Fold the strip straight back towards the corner so that the fold is aligned with the strip edge; press slightly. (Fig 2)

Remove the strip from pillow cover piece and open it out completely. (Fig 3) Fold the strip along the horizontal
press line, right sides together. Stitch along the diagonal press lines that form a “pyramid”; start stitching leaving 6 mm from the raw edge and finish leaving 6 mm from the other edge. Secure stitches. Trim away excess at corners leaving 6 mm seam allowance on each side. Clip to point.

Press open seam allowances and turn mitred corner right side out. Again fold the strip on its centre then the mitred corner will appear on the strip. (Fig 4)

Pin the strip on the right side of the pillow cover piece (I). Corner of the strip has to match with the corner of pillow cover piece and the raw edges of the strip have to match with the raw edges of the pillow cover. Repeat the process of corner making for the other three corners.

Stitch along the four edges (shorten stitches around corners). Trim off the seam allowance at corners. (Fig 5)

Skill sequence No.2

Attaching the flap

Objectives: This shall help you to
• prepare and to attach the flap.
• prepare a machine hem at the width of flap.

Place flap piece on top of the pillow cover piece (I) with right sides together and raw edges matching. Fix the flap with basting, stitch with machine. (Fig 1)

Stitch with machine on the hem. (Fig 2) The same type of machine hem can be done with the help of machine attachment hemmerfoot. Remove the Pressorfoot and fix the hemmerfoot and insert the fabric edge into the hook. The hemmer will fold the material and stitch. It is used for bulk production in readymade garment. (Fig 3)

Take the piece (II) of the pillow cover (74 cm length) and hem the mouth, (ie. 45 cm edge) fold the edge on the wrong side first by 0.5 cm, then turn once again on 1 cm.
Fix this piece between the flap and the pillow cover piece (I) with right sides together and bias border folded inside. Leave 1 cm for mouth. Baste on the three sides and stitch together with machine at a distance of 0.75 cm from edges. Stitch back on the flap piece to make seam more durable in that place. (Fig 4)

Don’t stitch on the flap edge of pillow cover to keep the mouth with the flap open.

Turn the pillow cover with right side out.
Textile and Apparel

Dress Making - Sample Preparation

Make samples of darts

Objectives: At the end of this exercise you shall be able to
• construct a plain dart
• construct a contour dart
• construct a french dart.

Requirements

<table>
<thead>
<tr>
<th>Tools / Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Lock stitch sewing machine - 1 No.</td>
<td>• Long cloth - 0.15 x 0.75 m</td>
</tr>
<tr>
<td>• Iron box - 1 No.</td>
<td>• Sewing thread - 1 No.</td>
</tr>
<tr>
<td>• Hand needle - 1 No.</td>
<td></td>
</tr>
<tr>
<td>• Scissors - 1 No.</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Construct a plain dart (half dart)

Take a piece of fabric (25 x 15 cm) for the construction of a plain dart.

On the wrong side of the fabric mark a line A-B according to the dart length required (10 cm) and mark point C according to half of the dart width (1.5 cm). Join B and C. For marking, use tailor’s chalk. (Fig 1)

Fold the fabric on the line A-B with right sides together and baste just beside the line BC. (Fig 2)

Stitch on the mark with machine. Lock stitch in the beginning. Tie the knot, leaving thread at the end. (Fig 3)

Trim the thread and press dart. (Fig 4)
If you use thick fabric for the dart, slash the folded portion of the dart leaving 1 cm at the end of the dart and press open. This is called slashed dart. Use pinking shears, if fabric is fraying easily. (Fig 5)

**Task 2: Construct a contour dart (double pointed dart)**

Take a piece of fabric (25 x 15 cm). On the wrong side of the fabric mark a vertical line A-B (keep same distance from upper and lower edge). Mark according to the dart length required (15 cm) and mark point C at the centre of the line A-B. Take 1.5 cm, i.e. half of the dart width from C and mark point D. Join line A-D and B-D. (Fig 1)

Fold the fabric on line AB (with right sides together) and pin the dart on the line A-D-B. Baste just inside the line A-D-B and remove the pins. Stitch with machine on the mark, maintaining curved shape at point D. (Fig 2)

Tie and trim the threads at both ends of the dart.

Remove basting. Clip the dart within 3 mm from C towards D. (Fig 3)
TASK 3: Construct a French dart (curved dart)

Take a piece of cloth (25 cm x 15 cm). Mark point A at a distance of 6 cm from the lower corner on 25 cm long side. Draw a diagonal line of 12 cm dart length in the direction of opposite corner. Mark B at the end of the line.

At a distance of 4 cm from A mark C. Square up on either side on point C and mark D and E at a distance of 2 cm, i.e. half of the dart width. (Fig 1)

Draw the 2 dart lines beside the centre line: take a distance of 2 cm and draw from edge of cloth to D and E. Then taper the line up to point B where the lines meet.

Between dart line and centre line make stay stitches by small running stitches 1 cm away from the dart line. Finish it in point F, i.e. 1.5 cm away from point B. (Fig 2)

Slash the centre line of dart from A to F.

Fold the fabric with right sides together, matching the raw edges neatly. Pin and baste slightly away from the stitching line.

Stitch with machine on the shaped dart line. Knot the thread on tapered end and trim off the threads. (Fig 3)

Clip the seam allowance close to stay stitch, unfold the cloth and stretch out the raw edges. Press the dart flat, keeping the raw edges of the seam allowance downwards. (Fig 4)
Textile and Apparel  Exercise 1.2.05

Dress Making - Sample Preparation

Make samples of pleats

Objectives: At the end of this exercise you shall be able to
• construct and stitch side pleats
• construct and stitch inverted pleats
• construct and stitch box pleats
• construct and stitch pleats with separate underlay.

Requirements

<table>
<thead>
<tr>
<th>Tools / Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Lock stitch sewing machine</td>
<td>• Poplin</td>
</tr>
<tr>
<td>• Iron box</td>
<td>• Poplin (contrasting colour)</td>
</tr>
<tr>
<td>• Hand needle</td>
<td>• Sewing thread</td>
</tr>
<tr>
<td>• Scissors</td>
<td>• Damp cloth</td>
</tr>
<tr>
<td>• Dress maker’s pin</td>
<td>- 1 No.</td>
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<tr>
<td>• Scale</td>
<td>- 0.60 x 0.90 m</td>
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<td></td>
<td>- 0.20 x 0.20 m</td>
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<td></td>
<td>- 1 No.</td>
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<td></td>
<td>- 1 No.</td>
</tr>
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<td></td>
<td>- 1 No.</td>
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</tbody>
</table>

PROCEDURE

TASK 1: To construct and stitch side pleats (knife pleats)

Mark and cut the given material in 2 pieces of 0.20 x 0.45 m, 2 pieces of 0.20 x 0.90 m.

Take a piece of cloth size 0.20 x 0.45 m.

Marking will be done on wrong side with tailor’s chalk.

Mark fold lines and placement lines as per figure 1 on full width of sample. Width of the pleat is 1.5 cm and distance between two pleats is 2.5 cm. (Fig 1)

Transfer all markings to the right side using tracing wheel.

Transfering of marks can also be done by cutting notches. Place them at the edge of fabric, so that they will be invisible in the pleats.

Work on right side now. Fold the fabric along the foldline and bring it to it’s placement line. Pin pleats through all layers. Baste pleats close to the fold line through all thickness and remove the pins. (Fig 2)
If the pleats are very long, basting is done 5-8 cm on top and a horizontal baste line is given on the bottom.

Make a row of machine stitches at 1 cm distance from the edge, right angled to the pleats. Lock the stitches at the starting and at the end.

Place the cloth right side up on the iron board and press the pleats.

Use a damp muslin cloth and place it upon the pleats before you press. Press the iron only, don’t move it forth and back, since this will damage the folds. Press again without cloth and do not move the fabric until it is quite dry. Repeat the process on the wrong side. (Fig 3)

**TASK 2: Construct and stitch inverted pleats**

Take a piece of cloth size 0.20 x 0.90 m. Mark on wrong side. Mark fold lines and placement lines as per figure 1. Width of the pleat will be 7.5 cm, distance between two pleats is 1 cm. from wrong side. (Fig 1)

Transfer all marks to right side using tracing wheel or notches.

Work on right side now. Fold and bring 1st and 2nd fold lines from right and left to placement line. Pin pleats (each pin fixes both fold lines) through all thickness. (Fig 2)

Take care that both fold lines meet on placement line.

Repeat the process for all pleats.

Pin and baste pleats close to fold lines through all layers. Make a row of machine stitches at 1 cm distance from edge right angled to the pleats. Remove pins.

Press the pleats with a damp cloth.
**TASK 3: Construct and stitch box pleats**

Take a piece of cloth size 0.20 x 0.90 m.

Mark fold lines and placement lines from wrong side as per figure 1. Width of pleat is 7.5 cm, distance between two pleats is 4 cm. (Fig 1)

Work on right side now. Fold 1st fold line 'B' and bring it to the 1st placement line 'A' and fold 2nd fold line 'C' and bring it to the 2nd placement line 'D'. Continue for the pleats.

Pin the pleats through all layers. Fix the pleats with two rows of basting 2-3 mm away from centre line. (Fig 2)

Remove pins and press the pleats.

Make a seam 1 cm from the raw edge to hold the pleats. Remove basting.

Transfer all marks to right side using tracing wheel.

---

**TASK 4: Construct and stitch pleats with separate underlay**

Take a piece of cloth size 0.20 x 0.45 m and another piece of poplin 0.20 x 0.20 m of contrasting colour.

Mark on wrong side of the bigger piece.

Mark fold lines and placement lines as per figure 1. Width of the pleat is 5 cm, seam allowance for pleat extension is 0.8 cm, distance between two pleats is 2 cm. (Fig 1)

Transfer the marks on right side using tracing wheel. Place one fold line over the other from right side and baste along fold lines from the wrong side.

Stitch 5 cm long stitch line from upper edge. (Fig 2)

Mark on fold 3 cm from upper edge. Then cut along the fold. Press open both parts of pleat (pleat extension). (Fig 3)
Cut a strip as pleat underlay of 20 cm (pleat length) x 6.6 cm (pleat width + 2 seam allowances). Use fabric of contrasting colour. Cut notches on edge 3 cm below upper edge. (Fig 4)

With right sides together, place pleat underlay over the pleat extension, match markings, baste along each side. (Fig 5)

Stitch each side of the pleat underlay to pleat extension leaving 0.75 cm from the raw edge. (Fig 6)

Take care that the main material will not be stitched.

Remove basting and stitch with machine 1 cm from upper edge. Press.
Textile and Apparel

Exercise 1.2.06

Dress Making - Sample Preparation

Make samples of tucks

Objectives: At the end of this exercise you shall be able to
• make samples of tucks.

Requirements

<table>
<thead>
<tr>
<th>Tools / Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single needle lock stitch machine - 1 No.</td>
<td>Long cloth/ Poplin - 1.20 x 0.90 m</td>
</tr>
<tr>
<td>Zipper foot - 1 No.</td>
<td>Cord - 0.75 cm</td>
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<td>Iron box - 1 No.</td>
<td>Sewing thread - 1 No.</td>
</tr>
<tr>
<td>Hand needle - 1 No.</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Make samples of tucks

Plain spaced tucks: A tuck is a stitched fold of fabric on right side used mostly for decorative purpose. Take a piece of cloth (15 x 20 cm) and mark fold lines for spaced tucks at a distance of 4 cm from edge. Fold 1st tuck on foldline exactly on the grain and stitch at a distance of 0 - 1 cm. (Fig 1)

Stitch and press the tucks all in one direction. Repeat for other types of tucks. Tucks that meet are called blind tucks. A very narrow tuck is a pin tuck. (Fig 2)

Shell tucks: Take a sample piece of 15 x 15 cm. Mark a diagonal line on center. Then set a parallel line on each side at a distance of 5 cm. Fold on the marks to prepare three plain tucks of 1.5 cm.
Set marks on the seam lines of tucks at a distance of 2.5 cm. Insert needle with double thread on first mark and set running stitches through both layers up to the fold line. Pull (draw) the thread to gather the fabric on the mark, then tack it in place, i.e. on seamline.

Guide needle inside the layers and bring it out on next mark. Lock the thread with a back stitch on mark. Repeat process as described. (Fig 3)

**Corded tucks:** Take a piece of cloth (15 x 20 cm). Mark fold lines lengthwise at a distance of 4 cm, starting from left edge. Fold the fabric on first line and place cord in between the fold.

Stitch close to cord using zipper cord foot. (Fig 4)

**Cross tucks:** Take a piece of cloth (15 x 15 cm). To prepare cross tucks stitch pin tucks or spaced tucks lengthwise and press them in one direction. Then set and stitch tucks in widthwise direction (right angled to the first ones). (Fig 5)

**Group tucking with scallop effect:** Take piece of cloth (15 x 30). Stitch blind tucks along widthwise grain and press in one direction.

Draw lines with pencil along lengthwise grain at a distance of 2.5 cm from each other.

Stitch along 1st marked line (across the tuck) in the direction tucks were pressed.

Start from opposite side and stitch along 2nd marking reversing the direction of tucks.

Stitch along remaining marked lines, reversing the direction of tucks with each stitch line. (Fig 6)

**Dart/released tucks:** Take a piece of cloth (15 x 20 cm).

Mark lines for spaced tucks.

Stitch spaced tucks only upto 4 cm or desired length and secure the thread ends by back stitch or by tying the threads at the edge of tuck.

Sometimes stitching is done in the center of piece only to release fullness from both the ends. (Fig 7)
Textile and Apparel  
Exercise 1.2.07

Dress Making - Sample Preparation

Make samples of gathers

Objective: At the end of this exercise you shall be able to
• make samples of different types of gathers.

Requirements

<table>
<thead>
<tr>
<th>Tools/Instruments</th>
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<tbody>
<tr>
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<td>• Scale - 12”</td>
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<td>• Machine Needle - 14No</td>
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<td>• Bobbin and case</td>
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<td>• Zig zag machine</td>
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Materials

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<tr>
<td>• Cotton fabric - 1 mts.</td>
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<tr>
<td>• Thread - 1 No.</td>
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<tr>
<td>• Pencil (HB) - 1 No.</td>
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<td>• Measuring tape - 1 Set.</td>
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PROCEDURE

TASK 1: Prepare gathers by hand

1. Cut one cotton fabric piece of size 10cm × 20cm (Fig 1)

2. Mark a line with distance of 1cm on both the edges of the fabric vertically. (Fig 2)

3. Mark two horizontal lines with a distance of 1cm from one marked line to the other marked line. (Fig 3)

4. Take hand needle and thread don't knot the thread make running stitches. On the lines marked using the threads loose on both the sides. (Fig 4)

5. Pin the stitched edge with the help of pins and twist the end of the loose thread around the pins. (Fig 5 & Fig 6)
6 Fabric is now ready to make the gathers.
7 Gently pull on the threads with the hand. So that fabric along the thread creates uniform gathers. (Fig 7)

**TASK 2: Prepare gathers by machine**

1 Cut one cotton fabric piece of size 10cm × 20cm.
2 Follow the steps of 2 & 3 of (Task 1). (Fig 8)
3 Adjust the stitches regulator to along stitch from a lower number to a higher number. (Fig 9)
4 Now work two parallel rows of long stitches on the fabric leaving long threads at both the ends. (Fig 10)
5 Pin & twist the bobbin thread around the pins at an edge and pin the stitches at another edge. (Fig 11)
6 Fabric is now ready to gather.
7 Gently pull on the bobbin threads from the other end & the gather are created on the fabric. (Fig 12)
8 Adjust the stitch regulator to the normal stitch length.
9 Adjust gathers uniformly and pin at frequent intervals to hold folds in place and give a fern machine stitch to hold the gather permanently. (Fig 13)
10 Gather are ready.
TASK 3: Prepare corded gathers

1. Cut one cotton fabric piece of size 10cm × 20cm.
2. Mark a line with distance of 2cm from the upper edge horizontally. (Fig 14)
3. Take strong cord thread and place it on the line drawn using the diagonal bound stitch for the code. (Fig 15)
4. Make widest zig zag stitch using a zig zag machine over the code.
5. Knot the thread at one end of the stitch gently pull the cord from the other end with intervals and form gather. (Fig 16)
## Objective:
At the end of this exercise you shall be able to
- make samples of shirrs.

### Requirements

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<thead>
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<th>Tools/Instruments</th>
<th>Model/Size</th>
<th>Quantity</th>
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<td>Scale - 12”</td>
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</thead>
<tbody>
<tr>
<td>Ordinary sewing machine</td>
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### Materials

- Cotton fabric - 1 mts.
- Thread - 1 No.
- Needle - 1 No.
- Measuring type - 1 Set.

### PROCEDURE

#### TASK 1: Prepare shirrs

1. Cut one cotton fabric piece of size 15cm × 20cm (Fig 1)

![Fig 1](image1.png)

2. Mark lines of 2cm from the top edge. Continue marking 10 lines of 1cm distance in between each line. (Follow the marking procedures of task 1 of 3.11 from 2 to 3) (Fig 2)

![Fig 2](image2.png)

3. Adjust the stitch regulator to a long stitch from a lower number to a higher number. (Fig 3)

![Fig 3](image3.png)

4. Start giving long stitches on the marked lines leaving long threads on both ends. (Fig 4)

![Fig 4](image4.png)
5. Starting pinning each and every line and twist one end of bobbin thread around the line.

6. Pins must be placed in the pattern shown in the picture Fig 5 & start pulling the stitches one by one at a time.

7. After pulling the thread twist the thread around the pin again at the end as shown in (Fig 5).

8. Adjust the stitches from long stitches to normal stitches give one from stitch at both the ends of the stitch where the threads end with pin.

9. Remove the pins and make a knot with the threads at the end as shown in (Fig 6)

10. Shirring in ready.

---

**TASK 2: Box Pleats**

1. Cut one cotton fabric of size 10cm 20cm.

2. Mark a line with a distance of 1.5cm from the edge name it as ‘A’. (Fig 7)

3. Mark another two lines at a distance of 2.5cm each and name it as ‘B’ & ‘C’.

4. Mark another one line at a distance of 1.5cm and name it as ‘d’. (Fig 8)

5. A and D are placement lines B and C are fold lines.

6. Pick the fold line ‘B’ & place it on the placement line ‘A’. (Fig 9)

7. Follow the same folding step as the previous point and place it from C to D. One box pleats is formed (Fig 10)
8 Pin the pleats and give basting stitch on the pleats and on the top edge of the fabric to keep the pleats in place. (Fig 11)

9 Press the pleats with a plain fabric on top. Remove the basting stitch of the pleats. (Fig 12 & 13)
Make samples of frills and ruffles

Objective: At the end of this exercise you shall be able to
  • make samples of frills and ruffles.

Requirements

<table>
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<tr>
<th>Tools/Instruments</th>
<th>Equipments/Machines</th>
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<td>• Needle - 1 No.</td>
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<td>• Measuring type - 1 Set.</td>
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PROCEDURE

TASK 1: Prepare straight frills or ruffles

1. Cut one cotton fabric piece of size 10cm × 20cm (Fig 1)

2. Mark a line with distance of 1cm from the upper edge and another line at 5cm below the marked line horizontally on the wrong side. (Fig 2)

3. Mark a line with distance of 1.5cm from the bottom edge horizontally. (Fig 3)

4. Turn the bottom edge once to 5cm and again to 1cm towards the wrong side of the fabric and give a machine stitch on the fold. (Fig 4)

5. Give long stitches on the two marked lines follow the procedure of Task 2 of ex 3.11 from 3 to 9. (Fig 4)

6. A fullness is produced by gathering straight ruffle. (Fig 5)
**TASK 2: Prepare circular frills or ruffles**

1. Take a square fabric of size 15cm by 15cm.
2. Fold the fabric two times equally and mark the centre point. (Fig 6)

3. Open the folded fabric and make a circle with a radius of 1.5cm.
4. Mark 0.5 circle away from the marked circle. (Fig 7)

5. Make another circle at a radius of 5cm at the outer edge and 0.5cm under the marked circle. (Fig 8)
   Make these circle with a help of compos or cut on paper and then mark on fabric.

6. Mark a straight line from the radius till the end of the fabric.
7. Cut the circle along the arrow marks see (Fig 9).

8. Give small cuts at the inner circle till the seam line marked at 5cm as shown. (Fig 10)

9. Extra pieces can also be cut in the same method.
10. Pieces can be joined with plain seam.
11. Follow the steps of Task 1 from 5 & 6 to make gathered effect on circular ruffles. (Fig 11)
Textile and Apparel
Exercise 1.2.10
Dress Making - Sample Preparation

Make samples of hem

Objectives: At the end of this exercise you shall be able to
• make circular hem
• make edge stitched hem
• make double stitched hem
• make faced hem
• make band hem.

Requirements

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<th>Machines</th>
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<td>- 1 m</td>
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<td>Scissors - 1 No.</td>
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<tr>
<td>Hand needle - 1 No.</td>
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<tr>
<td>Ball pin - 1 Box</td>
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PROCEDURE

TASK 1: Make circular hem

1. Cut 0.15 cm X 0.15 cm of poplin material and joined with the help of plain seam. Measure and mark the hem portion.

2. Before turning up the hem, reduce bulk within the hem allowance by trimming seam allowances to half original widths. This will make the hem smoother at the seam lines (Fig. 1)

3. With wrong side facing you, fold hem on the marked line, placing pins at right angles to the fold about every 5 cm (If a mark should be greatly out of line with the others, ignore it, and align the fold with the marks on either side) Try on garment; make adjustments if necessary. After removing the garment, tack close to the folded edge. (Fig. 2)

4. Make the hem allowance an even width all around by measuring the desired distance from the fold then marking with chalk. The Ironing board is an ideal place to work as it lets you deal with a small part of the hem at a time. A sewing gauge is the easiest measuring device to use. (Fig. 3)
5 Train excess hem allowance along the marks. At this stage you can see whether or not the hem edge lies smoothly against the garment. If there are ripples, the fullness should be controlled by easing, a step that is usually necessary with gored skirts and other flared styles. (Fig. 4)

6 Ease the hem by machine-tacking 6mm from the edge, beginning and ending stitches at each seam. Draw up fabric on ease stitching until each section of the hem edge corresponds with that part of garment. Take care not to draw the edge in too much, or it will pull against the garment when finished. (Fig. 5)

7 Press the hem lightly to shrink out excess fallness, keeping the hem allowance grain lines aligned with those of the garment. Heavy paper inserted between hem and garment will present the hem edge from leaving a ridge (Fig. 6)

---

**TASK 2: Make edge stitched hem**

1 Cut 0.15 cm X 0.15 cm of poplin material and joined with the help of plain seam. Measure and mark the hem portion.

2 Turn the hem edge under 6mm and press (If using an ease stitch, turn the edge along the stitching line) Top stitch 3mm from fold. (Fig 7)
3 Secure hem with vertical hemming stitches (show) or use slip hemming, spacing the stitches 1 cm apart. Do not pull thread taut. (Fig. 8)

TASK 3: Make double stitched hem

1 Cut 0.15 cm X 0.15 cm of poplin material and joined with the help of plain seam. Measure and mark the hem portion.

2 After finishing the hem, place a row of tacking stitches half way between the edge the fold at the hemline. (Fig. 9)

3 Turn the upper half of the hem up again, and secure the edge with a blind herring bone stitch. Do not pull the thread too tight. (Fig 10)

TASK 4: Make faced hem

1 Cut 0.15 cm X 0.15 cm of poplin material and joined with the help of plain seam. Measure and mark the hem portion.

2 Cut facings to fit the hem if there are no patterns make your own tracing the hemline from garment pieces cut them 6 cm wide (Fig 11)
3 Join the facing sections and press the seams open. Trim the seam allowance to half their original width (Fig 12)

4 Finish the inner facing edge (the smaller curve), using one of the methods for an uncovered hem edge (Fig 13)

5 Before attaching facing, mark hemline and trim allowance to 1.5 cm. Right sides together sew facing to garment with 1 cm seam. Trim grade and notch seam allowance (Fig 14)

6 Press the seams open, then toward the facing. With the facing pulled out flat stitch the facing close to the seam edge, through all of the seam allowances. (Fig 15)

7 Turn facing inside the garment and press the hemline (Seam should be 3 mm from fold). Secure free edge of facing to garment with an appropriate hem stitch (Fig 16)

---

TASK 5: **Make band hem**

1 Cut 0.15 cm X 0.15 cm of poplin material and joined with the help of plain seam. Measure and mark the hem portion.

2 Cut strip to fit hem plus 3 cm for joining press it in half length wise wrong side together. Open strip press edges under 6mm (Fig 17)
3 Open out folds. Stitch ends and press seam open. Right sides together and seams aligned stitch band to garment 6 mm from edge. (Fig 18)

4 Press seam allowances toward banding. Fold banding in half. If the banding folded edge to meet the seam line pin. (Fig 19)

5 Finish woven banding by slip stitching the folded edge to the seam line. Stitches should not show on the right side of the garment. (Fig 20)
Textile and Apparel  
Exercise 1.2.11

Dress Making - Sample Preparation

Make samples of casing

Objectives: At the end of this exercise you shall be able to
• prepare fold down casing
• prepare applied casing
• prepare casing with draw string
• prepare casing with elastic
• prepare casing and heading.

Requirements

<table>
<thead>
<tr>
<th>Tools/ Equipments</th>
<th>Materials</th>
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<td>• Lock stitch sewing machine</td>
<td>• Long cloth or poplin</td>
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<td>• Iron box</td>
<td>• Sewing thread</td>
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<td>• Hand needle</td>
<td>• 1 m</td>
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<td>• Scissors</td>
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<tr>
<td>• Dress maker’s pin</td>
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PROCEDURE

Skill Sequence No. 1

Fold down casing

Objectives: At the end of this exercise you shall be able to
• prepare fold down casing.

1  Mark the fitting line, fold 1 cm to the wrong side.
2  Fold along the fitting line to make the tunnel.
3  Pin and tuck the casing, then press.
4  Machine stitch along the upper and lower edges of casing.
5  Leave an opening of approx 4 cm on the lower edge.
6  Back stitch at both the open ends of lower edge.
Skill Sequence No. 2

Applied casing

Objectives: At the end of this exercise you shall be able to
• attach the applied casing on waistline.

Place and pin the casing on waistline, right side of casing and wrong side of petticoat together. Start to pin from placket. Take care that balance marks on casing match the side seamlines and the centre of petticoat. Baste and stitch at a distance of 0.75 cm from raw edge. (Fig 1)

Turn the petticoat to right side and fold the casing up (i.e. turn by 180°). Press the seam allowance flat to casing piece.

Finish the raw edges of casing on sides. Turn the edge first by 0.5 cm and then by 1 cm. Hem, covering the seam allowance. (Fig 2)

Fold down casing on the centre line and pin the casing on the right side covering the previous seam line. Match the balance marks with side seam lines of the petticoat. Baste and top stitch through all layers. (Fig 3)

Top stitch a parallel stitch line at a distance of 0.5 cm.

Keep the material under needle and pressure foot, lift the presser foot and pivot material by 90°, stitch 0.5 cm up, pivot material again etc. (Fig 4)
Skill Sequence No. 3

Casing with draw string

Objectives: At the end of this exercise you shall be able to
• to prepare casing with draw string.

1. Mark the fitting line.
2. Mark and cut two holes for the draw string.
3. Finish the holes with blanket/ button hole stitch.
4. Fold 1 cm to the wrong side (First turning).
5. Fold along the fitting line to make second turning.
6. Pin, tack and press.
7. Machine stitch along the upper and lower edges of the casing.
8. Remove tacking.
9. Insert the draw string from one hole.
10. Push it through casing and draw it out from the other hole.
Skill Sequence No. 4

Casing with elastic

Objectives: At the end of this exercise you shall be able to
• to prepare casing with elastic.

1. Mark the fitting line, fold 1 cm to the wrong side.
2. Fold along the fitting line to make the tunnel.
3. Pin and tuck the casing, then press.
4. Machine stitch along the upper and lower edges of the casing.
5. Leave an opening of approx 4 cm on the lower edge and remove the tacking.
6. Attach a safety pin to one end of the elastic.
7. Pin the other end of elastic to the garment.
8. Push the safety pin with the elastic through casing.
9. Remove safety pin. secure the ends of elastic by placing ends one over other and make a square stitching.
10. Machine stitch along the lower edge of the opening to close the casing.
11. Spread the gathers evenly in the casing.
Skill Sequence No. 5

Casing with heading

Objectives: At the end of this exercise you shall be able to
• to prepare casing with heading.

1 Mark the fitting line. Mark heading line as per desired width of heading.
2 Fold 1 cm to the wrong side.
3 Fold along the fitting line to make the tunnel.
4 Pin and tuck the casing, then press.
5 Machine stitch along the lower edge as per desired type of casing.
6 Stitch along the fitting line leaving heading width as it is.

---

Textile and Apparel : Dress Making - Exercise 1.2.11
**Make samples of neck edge finishing**

**Objectives:** At the end of this exercise you shall be able to
- finish the neckline using facing, binding, piping.

**TASK 1: Piping or cording**

**Working method of piping**

1. Measure the shape neckline and cut piping or cording piece of length 3cm to 4 cm than the neckline measurement and 3cm wide.
2. Open the placket or zipper, pin the cording to right side of garment with cord just outside seam line and the cording stitch line just inside seam line leave excess cording at ends. (Fig. 1)

3. At ends, release enough of stitching adding cord to open fabric, and then cut cord to even with placket edges. Trim fabric ends to 6mm. (Fig. 2)

4. Remove taking. Tack cording to garment, remove pins. Using a zipper foot adjust to right of needle. Stitch cording to garment. Stitch between cord and the stitching encasing the cord. (Fig. 3)

5. Remove tacking. Construct facing with right sides together, pin and tack to garment. Warp ends of facing around zipper halves to inside of garment. (Fig. 4)

6. With wrong side of garment up stitch facing to garment along seam line (Fig. 5)
7 Press seam flat. Trim the seam allowances diagonally at cross seams and corners. Press seam open and then press facing and seam allowances away from garment. (Fig. 6)

8 Extending facing and seam allowance away from the garment, under stitch along neck seam line. Use zipper foot stitch from right side of facing through all seam allowances. (Fig. 7)

9 Turn facing to inside and press. Tack facing to garment at shoulders. Tack fabric at ends of cording closed slip stitch facing ends to zipper tapes. Attach fasteners. (Fig. 8)

TASK 2: Binding

Working method of single layer binding

1 For a single layer binding cut binding of four times the desired finished width and the length of the neck seam line + 5cm. (Fig. 1)

2 Open zipper. Place the binding over the garment with their right sides facing each other. Pin it after checking for correct matching of neck shapes. (Fig. 2)
3 Stitch the binding to garment along the seam line. Remove pins and trim excess binding at ends to 1 cm. (Fig. 3)

4 Fold ends of binding back, even with placket edges. Trim across corners. Bring binding up over the seam allowances to inside garment. (Fig. 4)

5 Fold the raw edge of the binding along the seam line. Pin in place. Slip stitch ends. (Fig. 5)

6 From inside, press the neck edge. Close zipper and attach fastener. (Fig 6)

Working method of double layer binding

1 For double layer binding, cut the strip double the size of single layer binding. (Fig. 1)

2 Open zipper. Right sides together pin the binding (Fig. 2)

3 With binding up stitch to garment along the seam line removing pins. Trim excess binding at ends to 1 cm. (Fig. 3)
4 Folds ends of binding back even with placket edges. Trim across corners and cross-seam allowances. Bring binding up over seam allowances to inside of garment. Pin in place. (Fig. 4)

5 Slip stitch ends of binding closed, slip stitch the folded edge of binding to garment along the entire neck seam line. (Fig. 5)

6 From the inside, press the neck edge. Close zipper and attach fasteners. (Fig. 6)

---

**TASK 3: Facing**

**Working method of shaped facing**

1. Draw the shape of the edge to be finished. (i.e) neckline in a brown paper.

2. With this neck outline as base measure about 5cm (facing piece width) all around the shaped neckline and draw complete the facing piece pattern. (Fig. 1)
3 Using pattern cut the facing piece from the remaining fabric.

4 Place the facing over the neckline of the garment with its right sides facing each other and pin it and tack it.

(i) If zipper has been inserted open zipper and warp ends of facing to inside around each zipper. Half tack facing to garment along neck seam line. (Fig 2a)

(ii) If zipper has not been inserted:
Facing ends can be handled by keeping centre back seam allowances of both facing and garment extended the pin and tack them together in position. (Fig 2b)

If the neckline is of square shape, apply the facing in the same way but reinforce the corners by short stitches for 2cm on both sides of each corner.

5 With facing side up, facing to garment along the neck seam line. Strengthen stitches at both ends. Remove tacking. (Fig. 3)

6 Trim the seam allowances as shown in fig to bring cut perfect neck shape. (Fig. 4)

7 Turn facing to inside of the garment, check whether the centre front or centre back of the facing coincide with the garment for correct shape and press it.

8 Work out the other end of the facing using any one of the shown method

(i) A turned and stitched. (Fig 5a)
(ii) A stitched and pinked. (Fig 5b)

A stitched-and-pinked edge will minimise laying on most fabrics.
First place a row of stitches 6mm from edge then pin through edge.

(iii) Using bias binding (Fig. 5c)

For a bias-bound edge, use ready-made bias binding.
Preshaped and wrap binding around edge topstitch.

9 With ends folded under, stitch a row of machining to finish the neckline facing. (Fig 6)
Textile and Apparel  
Exercise 1.2.13

Dress Making - Sample Preparation

Make samples of different shaped neck lines

Objectives: At the end of this exercise you shall be able to
• draw different neck line shapes
• finish the neck line edges by facing.

Requirements

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<thead>
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<th>Tools/ Equipments</th>
<th>Materials</th>
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PROCEDURE

TASK 1: Draw different neck line shapes

1. Takes one A4 size sheet
2. Practice the following neck line shapes with the help of HB pencil (Fig. 1)

TASK 2: Finish the neck line edge by facing

1. Cut the neck line shapes with shoulder in a fabric.
2. Finish the neck line edges by facing (Refer Ex. No. 1.2.12)

Get the work checked by your instructor
Textile and Apparel  
Exercise 1.3.01

Dress Making - Garment Construction

Make samples of plackets

Objectives: At the end of this exercise you shall be able to
- make sample of a faced placket
- make sample of two piece placket for waist line
- make sample of continuous placket
- make sample of italian placket
- make sample of two piece placket for upper garment
- make sample of one piece placket.

Requirements

<table>
<thead>
<tr>
<th>Tools / Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single needle lock stitch machine</td>
<td>Long cloth or muslin</td>
</tr>
<tr>
<td>Hand needle</td>
<td>- 0.30 x 0.90 m</td>
</tr>
<tr>
<td>Scissors</td>
<td>Sewing thread</td>
</tr>
<tr>
<td>Dress maker's pin</td>
<td>- 1 No.</td>
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PROCEDURE

TASK 1: Construct a faced placket

Cut the material for all the samples plackets as per given layout. (Fig 1)

Take two pieces of fabric 15 cm x 10 cm (sample) and 13 cm x 8 cm (facing).

Draw 10 cm long lines on the right side of the sample piece and on the wrong side of the facing piece. Mark in the centre of both. (Fig 2)

Turn the edges of facing by 1 cm and leave the top edge. (Fig 3)

Place facing piece on sample piece with right sides together. Match the centre lines and baste on the line.

Mark 5 mm on both sides of the centre line on the top edge. Join the two marks with bottom end of centre line in V-shape.
Fig 1

Stitch over the lines which form V-shape. Start on top, stitch down to peak point, take 2 stitches horizontally and stitch back on other line up to top. (Fig 4)

Fig 4

Slash on the centre line leaving 2 mm at peak point. Turn the facing on the wrong side and press it gently to make out the edge. (Fig 5)

Fig 5

Stitch top seam from right side on the edges of the placket outlines. (Fig 6) Trim the ends of threads and press it.

Fig 6

TASK 2: Construct a two-piece placket (for waistline)

Take 2 sample pieces of 15 x 8 cm and mark the seam line on wrong side leaving 1 cm seam allowance. (Fig 1)

Fig 1

Take 2 facings of 13 x 6 cm and 13 x 4 cm and mark seam allowance on the wrong side of both pieces at a distance of 1 cm from both sides. (Fig 2)
Take one sample piece and fix smaller facing (13 x 4 cm) on the right hand side with right sides of fabric together. Baste and stitch on the seam line up to 10 cm length. Lock seam at the end. (Fig 3)

Fold raw edge of placket piece by 1 cm on the wrong side. Turn the facing by 180°, right side upwards. Press and stitch close to the edge up to the length of seam line. (Fig 4)

Repeat the same process for other sample and facing piece, but don’t top stitch from the right side of the fabric. (Fig 5 and 6)

Place the 2 sample pieces one over the other with right sides together. The sample with bigger facing has to be on top. Join them on the remaining unstitched seam line; first baste, then stitch with machine on the seam line. Lock the placket at the end of the seam line with 2 rows of stitches. (Fig 8) Trim the smaller piece of facing at the bottom.

Turn to the wrong side. Roll over the turned edge of bigger facing on the seam line and hem the edge along the seam. (Fig 7)
Unfold the 2 sample pieces with wrong side up. Set the smaller facing on the sample piece and hem the loose edge. Turn under the raw edge of the bigger facing piece at the bottom and hem to sample pieces. (Fig 9)

Variation of two-piece placket for petticoat.

The following variation of the 2-piece placket (waistline) is used in petticoats. You can apply the method in the next exercise or you stitch it separately using the leftover material of exercise 5 and 11 for example.

Follow the process as described above up to Fig 4.

Take the other sample as described above and facing pieces, stitch on the seamline but stop 1 cm before the upper edge. (Fig 10)

Fold raw edge of the facing to wrong side by 1 cm. Turn facing by 180°, with right side upwards. Press on the seamline and turn the piece with wrong side up.

Fold the facing back on centre line with right sides together, covering the previous seamline. Baste and stitch on top portion of facing only. Take care to fold back the sample piece. (Fig 11)

Clip the seam allowance of the sample piece on top of the seamline diagonally. (Fig 12)

Turn the facing inside out. Set loose edge on the previous seamline and hem it. (Fig 13)

Place the two sample pieces one over the other with right sides together. The sample with the bigger facing must be on top. Join the two sample pieces in the lower part on the remaining unstitched seamline. Lock the placket at the end of the seamline with 2 rows of stitches. (Fig 14)
Unfold the two sample pieces with wrong side up. Set the smaller facing on the sample piece and hem the loose edge. Trim the smaller facing at the bottom. Turn under the raw edge of the bigger facing at the bottom and hem it to the sample pieces. (Fig 15)

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**TASK 3: Construct a continuous placket**

Take two pieces of fabric: one 15 x 10 cm (sample) and the other piece 22 x 6 cm (facing). (Fig 1)

Turn the long edge of the facing piece by 1 cm to wrong side. Mark 5 mm from either side of the centre line on bottom. Join the marks with the top point of centre line in V-shape. Stitch on V-shape for reinforcement.

Slash on the centre line (Fig 2)

Spread open the slashed portion. Tack the facing along the slashed edge of the sample piece, leave 1 cm on each side with the right sides of both the pieces together. Stitch. (Fig 3)

Turn the folded edge of placket piece over the seam covering the seam allowance, tack and hem. (Fig 4)
Fold the piece on centre i.e. on the slashed line keeping right side of the fabric inside.

Make diagonal tack (twice) on the folded end of the placket. (Fig 5)

TASK 4: Construct an Italian placket (hemmed placket)

Take a piece of fabric 15 x 15 cm (sample piece). Take two pieces of fabric 12 x 4 cm for facing.

Draw a centre line on the sample piece, mark A and B. Take a point C at a distance of 1.5 cm from point A and draw a parallel line to the centre line 10 cm long. Mark point ‘D’. (Fig 1)

Slash on the grain line ‘C’ to ‘D’ and clip diagonally to both sides on point D by 0.5 cm. (Fig 1)

Set both the strips (12 x 4 cm) along with the slashed portion with right sides together and stitch up to clip and turn the edge of right facing by 1 cm. (Fig 2)

Turn the right facing on seam to wrong side of the fabric. Set the strip and stitch on the edge from right side of the fabric. (Fig 3)

Turn the left facing to wrong side and baste the strip with sample piece. Seam, leaving 0.5 cm from the raw edge of the strip. (Fig 4)
Fold sample piece on left facing, leaving 3.5 cm and wrong sides of the fabric together. Baste through all the layers. (Fig 5)

Turn the left placket side on the right placket side forming a pleat. Baste. Lock it at the end of the cut portion on the right side of the fabric. (Fig 6) Remove basting, trim the threads and press.

**TASK 5: Construct a two-piece placket (upper garment)**

Mark and cut a piece of fabric 15 x 10 cm (sample piece). Cut 2 facings, one of 13 x 4 cm and the other of 13 x 9 cm.

Mark lines on the bigger facing 3 cm from the edge and two times 2.5 cm from the edge of each line. Mark the centre line on the sample piece. (Fig 1)

Mark parallel a 10 cm long line for placket opening, 0.5 cm away from the centre line towards left side. Slash the line and clip diagonally (0.5 cm) at the end. (Fig 1)

Turn sample piece to the right side. Place the smaller facing (13 x 4 cm) on the bigger side of the sample piece with right sides of the fabric together. Baste and stitch. Turn the other edge of the facing by 1 cm. (Fig 2)

Clip facing at end of slash line on the previous clip.

Turn the facing towards wrong side of sample piece and fix the edge on the previous seam and stitch it in the crevice of the previous seam line from right side. Stop at clip and trim off 1.5 cm from bottom of facing. (Fig 3)
Take the bigger facing and fold and press 3 cm side towards wrong side of the fabric. Baste 0.5 cm away from the raw edge. (Fig 4)

Place the right side of the facing on wrong side of the sample piece along the slash line and baste 0.5 cm away from the edge. Cut off a square of 3 x 3 cm from lower end of facing. Stitch along basting. (Fig 5)

Bring the folded edge of facing to the right side of the fabric. Fold facing once more on the centre and set it covering previous seam. Keep seam allowance inside and baste, leaving 3 cm at lower edge. (Fig 6)

Fold the lower edge inside by 0.5 cm. Fold back the lower end of facing, forming a V-shape. (Fig 7)

Fold back on fabric and top stitch all around leaving 1 mm from edges. Tack horizontally 3 mm above the slash end. (Fig 8)
TASK 6: Construct a one-piece placket (sleeve)

Take one piece of fabric 13 x 6 cm (facing) and another piece of 15 x 10 cm (sample). Mark 10 cm long line on centre of sample piece (placket opening) and slash. Clip 0.75 cm diagonally at the end. (Fig 1)

Bring facing out on the right side of the sample piece and turn the raw edge of facing by 1 cm. (Fig 4)

From lower end of facing close to the stitching line cut off 3 cm in width and 1 cm in length to reduce bulk. Roll over the facing on its previous seam, make a fold on the centre line and press. (Fig 5)

Turn the corners and form a peak at the centre of the placket end and press. Finish the placket end as in two-piece placket. (Figs 6 & 7)

On the top edge turn 0.5 cm twice on the wrong side. Taper towards the clip side and machine stitch. (Fig 2)

Baste facing along the unfinished edge of the placket opening, right side of facing with wrong side of the sample piece (0.5 cm seam allowance). (Fig 3)

Textile and Apparel : Dress Making - Exercise 1.3.01
Samples of zipper plackets

Objectives: At the end of this exercise you shall be able to

- construct centred application of zipper
- construct visible centred application of zipper
- construct a lapped zipped
- construct a open end zipper application.

Material: 0.15 x 0.90m Longcloth / Poplin

PROCEDURE

TASK1: Centred application - Invisible

Work with motorised sewing machine. Attach zipper foot. Take 10cm long zipper and pieces of fabric (15x10cm); cover 1 piece by the other with right sides together. Form a plain seam on the longer side; give 2 cm seam allowance. Follow these instructions. Lock seam in the beginning, use longer machine stitches (i.e.3stitches/cm) up to the end of the placket, i.e. 10cm from top. Stitch back at the end. Reduce the stitch length to normal and stitch to the rest of the length of the fabric. Lock in the end and unfold the pieces. (Fig 1)

Clip long machine stitches at an interval of 3 cm, as this seam has to be removed after fixing the zipper. (Fig 2) Press open seam allowance.

Open the zipper and place the right side of zipper on the wrong side of the fabric. Keep the chain edge along the seam line from top edge of the fabric up the placket opening mark. Baste the zipper tape with one seam allowance. (Fig 3)

Close the zipper. Baste the other side of the zipper tape with other seam allowance. (Fig 4)

Lock of zipper end should be kept towards the end of the placket opening.

Turn the fabric with right side up and spread the fabric as flat as possible. Now baste from right side through all layers of the fabric 6 mm away from seam line. Start basting from the seam line at the bottom end of the opening. (Fig 5)

Start machine stitching from the right side along the basting from top end of the fabric using a zipper foot. Stop in the end of opening just below the lock of the zipper. Make pivot and cross to other side and stitch up to the top end of fabric. (Fig 6)
TASK2: Zipper Centred Application - Visible

**Zipper placket (visible):** Take one piece of the sample cloth of 15 x 20 cm and take a zipper of 10 cm length. Mark 10 cm for slash on the centre line from right side of the cloth. Cut a strip of 13 x 5 cm (length of strip should be app. 3 cm more than the zipper length).

Fold and press strip on the centre. Match the centre line of strip with sample piece with the right sides together. Baste on the slash mark through both the layers and all around the strip edges. (Fig 1)

Stitch from left side round the slash mark at a distance of teeth width plus 2 mm. Slash on slash mark, stop 1 cm before the end and clip to the corners. Remove basting. (Fig 2)

Turn the strip pieces towards wrong side of the sample piece. Press and fix with basting. Set the zipper on slash line. Baste zipper below the slash edges and stitch all around. (Fig 3)
How to adjust the zipper length?: Zips are available in different length, but they will not always match the required slit length of the placket. In that case you have to use a zipper longer than the placket length and to shorten it.

Shorten zipper at the lower end. Tack at the required length and trim zipper 1.5 cm below tacking. (Fig 4)

TASK 3: Lapped Zipper

Take two pieces of (15x10cm) fabric. Follow the instructions in Task 1 till fig 3. Now, position Zipper foot to the left of the needle. Turn the Zipper foot to the left of the needle. Turn the Zipper face up, forming a fold in the seam allowance. Bring the fold close to the Zipper ladder or chain but not over it. Stitch along the edge of the fold with the seam allowance. Bring the fold close to the Zipper ladder or chain but not over it. Stitch along the edge of the fold with the seam allowance the left side sample piece. (Fig 1)

Turn the fabric with right side up and spread it as flat as possible. Now baste across bottom of zipper, then up along the side. through all layers of fabric 6mm away from seam line. (Fig 2)

Position zipper foot at the right side and top stitch close to the basting. Remove basting (Fig 3)
TASK 4: Open end Zipper

Use a open ender Zipper

Take two pieces of fabric (15x15cm). Mark the seam allowance of placket opening (2cm) at the wrong side of both the fabric. piece. (Fig 1)

Machine tack the placket seam closed. Press open the seam allowances. With the zipper teeth centred over the seam and bottom stop at the bottom of opening position the closed zipper and pin it. Baste the right hand tape to seam allowances from bottom to top (Fig 2)

Turn the Zipper face up, forming a fold in the seam allowance. Fold close to the Zipper teeth, but care must be taken not it take it over the zipper teeth. Position the foot to the left of the needle and stitch along edge of fold through all thickness of fabric (Fig 3)

Turn the fabric with right side up and spread the fabric as flat as possible. Now baste from right side through all layers of fabric from right side through all layers of fabric 6mm away from seamline. Baste from the seamline at the bottom end of the opening. (Fig 4)
Position zipper foot to the right of the needle. Top stitch close to basting. Similarly top stitch the other side zipper position the foot at the left of the needle (Stitch at the required distance from seamline). Finally, remove the basting to open the zipper and apply facing. (Fig 5)

**TASK 5: Prepare the zip fly in front part of a trouser cut fabric**

Take two fly pieces (left fly is facing, right fly is shield) and their linings. Clip the seam allowance on point 11 in front and fly (see instructions for drafting). Take left fly (=facing part) and lining. Stitch on outer round shape, right sides together. (Fig 1)

Place closed zip on the fly piece wrong side of zip up; leave 0.5 cm from the raw edge and 1 cm above the clip. Baste 6 mm away from the teeth of zip. Stitch with double seam. (Fig 3)

Baste raw edge of facing and lining with left front of short. Match clip of facing and fly line. Be careful that the edge of zip is not caught by stitches. (Fold zipper back and if necessary pin it to hold it out of the way). Stitch along the basting line from clip to waist edge. (Fig 4)

Turn facing on seam line away from the front piece. From right side stitch through the facing and all seam allowances close to the edge of facing up to clip and lock the stitch. (Fig 5)
Fold the facing towards wrong side on the seam line. Baste close to the fold to hold facing in position. From the right side baste a guide line 3 cm away from the fold, maintaining the shape of fly. Stitch close to the basting line. (Fig 6)

Fold the edge of lining by 1.5 cm to wrong side. Align edge of lining and shield. Baste and press on the lining. (Fig 9)

Stitch the right fly (shield): Take right sides of fly and lining together. Baste and stitch on outer shape. Cut notches on the round shape. (Fig 7)

Turn right side out. Press and set the outer edge and baste on it up to end. Turn also the edge of the balance part of lining. Cut notches on the inner curved shape of lining. (Fig 8)

Open the zip. Baste the unattached zip part to the fly shield, wrong side of zip on right side of fly shield. Stitch along the basting but don’t stitch the shield lining. Be careful: the position of the zip should be same as in left side facing. (Fig 10)
Close the zip. Place right front piece under left front piece with right sides together. Edge of fly line of right front has to extend the fly line of left front by 1 cm. Baste zip and shield on the right front short piece along the fly line. Stitch over the previous seam line up to the clip. Turn away lining piece. (Fig 11)

Place short flat on table with wrong side upwards. Turn the seam allowance to shield and right front piece towards right front portion. Cover the shield and seam allowance with lining. Baste it. Be careful that the lining is flat on shield, so that no folds and wrinkles come in it. (Fig 12)

Turn the garment to the right side. Stitch close to the left fly seam through all layers. Tack zip flat on waistline on both sides 0.5 cm below the waist-line. Trim the edges at the top. (Fig 13)
Make samples of pockets

Objectives: At the end of this exercise you shall be able to
• prepare a patch pocket
• prepare and fix flap on patch pocket
• prepare an inseam pocket for trousers
• prepare a slant pocket
• prepare an inseam pocket for kurtha
• prepare a hip pocket with Welt and flap.

Requirements

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<tr>
<th>Tools / Equipments</th>
<th>Materials</th>
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<tbody>
<tr>
<td>Single needle lock stitch machine - 1 No.</td>
<td>Poplin - 0.35 x 0.90 m</td>
</tr>
<tr>
<td>Iron box - 1 No.</td>
<td>Casement - 0.25 x 0.90 m</td>
</tr>
<tr>
<td>Hand needle - 1 No.</td>
<td>Lining (Long cloth) - 0.35 x 0.90 m</td>
</tr>
<tr>
<td>Scissors - 1 No.</td>
<td>Sewing thread - 1 No.</td>
</tr>
<tr>
<td>Dress maker’s pin - 1 Box</td>
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PROCEDURE

TASK 1: Prepare a patch pocket

Cut one piece of Poplin (20 cm x 15 cm) and another piece of cloth (14 x 11 cm) for pocket. This includes seam allowances and facing on upper side of pocket. (Fig 1)

Prepare a paper pattern (template) on hard paper of 10 cm x 9 cm (exact size of pocket without seam allowances and facing). Shape the lower corners round. (Fig 2)

Take care that both rounds are equal.

Pin the paper pattern on wrong side of the cloth (14 x 11 cm). Keep 3 cm facing on the top and 1 cm at all other three sides. Mark with chalk or pencil. Transfer the mark with tracing wheel on right side of cloth. Trim off the corners. (Fig 3)
Turn the edge of facing by 1 cm on the wrong side of cloth and machine stitch 0.5 cm away from the folded edge. Then turn the facing from folding line on the right side and machine stitch on the side turning mark of both sides of facing. (Fig 4)

Mark running stitch 2 mm outside the turning mark of three sides. Notch on the rounds to reduce bulk. (Fig 5)

Turn the facing on the wrong side. Pull corners out neatly. Put the paper pattern (template) inside the facing touching the folding line on top. This shall help to shape the pocket. Hold one thread end of running stitch and pull the other end tamping seam allowance over the paper pattern until the seam allowance rolls over it. Press gently on the edges. (Fig 6)

Notch on curves and remove thread of running stitch and remove the paper pattern.

Take care that the turned edges are not disturbed. Finish the facing turning on pocket mouth by slip stitch. (Fig 7)

To fix the pocket on the desired position take the piece of cloth (20 x 15 cm). Place the pocket in the centre of it and pin. Keeping right side of cloth up, baste along the sides 2 mm away from the edge, but don’t baste on pocket mouth. (Fig 8)

Remove pins. Start machine stitching from side top end of pocket. Tack the corners while forming a triangle. Continue up to the other end and tack the corner in the same manner. Remove basting and press. (Fig 9)
TASK 2: Prepare and fix flap on patch pocket

Cut 2 pieces of cloth (poplin) and 1 piece of interlining cloth (11 cm X 6 cm). Prepare a paper pattern for flap (9 cm X 4.5 cm) without any seam allowance. Shape the corners of one side, (round shape of both sides must be equal). (Fig 1)

Attach the pocket flap above the prepared patch pocket (SS.No.1). Mark flap seam line at 1 cm distance on the top of pocket. Pin flap to the patch piece with right sides together raw edge of flap 0.5 cm away from pocket mouth. Baste first, then stitch on flap seam line. (Fig 5)

Match with right side together the original cloth pieces. Place the facing piece over it. Lay the flap paper pattern on the facing piece leaving seam allowance and pin all around. Mark with chalk or pencil along the edge of the paper pattern. Baste slightly away from the mark. Remove pins and paper pattern. Stitch on the mark. Remove basting. (Fig 2)

Remove basting and press open the seam. Trim off carefully the lower seam allowance of facing and original cloth close to stitching. (Fig 6)

Trim the seam allowance and notch the curves. Trim facing completely to seam line. (Fig 3)

Turn the right side of flap out and set the seam by pushing the seam edge inside by 1 mm, so that the seam is not visible from right side. Stitch with machine from right side at 1 mm distance from edge. Start at a distance of 0.5 cm from the flap. (Fig 4)
Turn down the flap over the pocket and press. Machine stitch at a distance of 5 mm from the turned edge of flap. Tack firmly both ends of seams. Press both pocket and flap. (Fig 7)

Task 3: Prepare an inseam pocket (trousers)

Take two pieces of casement (25 x 13 cm). Mark points at a distance of 3 cm and 13 cm from top edge on longer side. Cut notches on both the marks.

Cut one piece of pocket pouch cloth (22 x 20 cm). Fold the fabric lengthwise.

Cut two pieces of casement cloth (13 x 5 cm) for pocket stay jetting.

Cut notches on one longer side of jetting piece leaving 1.5 cm from upper and lower edge. (Fig 1)

Overlock on the edges except the notched edge. Fix stay pieces on the wrong side of the pouch piece, matching notches and raw edges on either sides. Machine stitch along the overlock. (Fig 3)

With wrong side of pouch piece and right side of casement (original piece) together match notches and edges. Baste together between notches (pocket opening) slightly away from notch depth and stitch with machine, leaving seam allowance of 8 mm from the edge. (Lock both ends of seam by knotting thread ends.) (Fig 4)
Turn the pocket pouch on the wrong side of the original cloth. Seam pushing the edge by 2 mm inside and press. Make top stitch on the right side between the notches 8 mm away from the edge. Finish both sides. (Fig 5)

Fold the pocket pouch lengthwise bringing out wrong side. Match lower round edges, baste and stitch with machine 0.75 cm away from the edge making pivot at the upper end of round shape. Clip the corner and remove basting. (Fig 6)

Turn the pocket pouch, right side out. Set the seam in centre. Make top stitch 0.75 cm away from the edge. Place both original pieces one over the other with right sides together, match the notches and raw edges from top to bottom.

Tack the loose raw edge of the pocket pouch close to the pocket mouth along with the raw edges of original cloth and baste. Stitch by machine leaving 1 cm seam allowance from top to bottom.

(Take care that the pocket is not caught by the seam (Fig 7)
Bring out the right sides of original cloth. Press the seam allowance away from pocket mouth. Make top seam on the seam allowance side, 2 mm away from the previous seam line. (Fig 8)

**TASK 4: Prepare a slant pocket**

Take one jetting piece (15 x 8 cm), overlock one long and one short edge. (Fig 1) Take two pieces of casement (25 x 13 cm) and mark point A at left upper corner of the original piece on wrong side of the cloth. Mark a point B, 13 cm from A on the lower side and C, 5 cm from A on the upper edge. Cut notch by 1 cm on point B and small notch on point C. Join C and B (line should be drawn from the depth of notch at B to C). Trace the mark with tracing wheel to right side of cloth. (Fig 1) Draft and cut pocket pouch from lining material follow the instructions given in SS.No.3. (Fig 1)

Baste both the pieces together from right side slightly away from the mark line BC. Cut a tape of thin cloth on straight grain (13 cm x 1 cm). (Woven tape/selvage of cloth can also be used.) Place the tape edge along the basting line on wrong side of the pocket pouch and stitch along the center of the tape. Place jetting piece on the other side of pouch piece with right sides together and raw edges matching at top and side. Baste and stitch along the overlocked edges. (Fig 2)

Place the pocket pouch on the original piece. With right side of pocket pouch and wrong side of original material together match side edges.
Cut off the pocket pouch cloth along the outer edge of tape. (Fig 3)

Fold the triangular portion of original cloth on mark towards wrong side on pouch piece and iron gently. (Fig 4)

Turn pocket and original cloth together with right sides upwards. Make a top stitch from right side, 0.75 cm away from the folded edge. (Fig 5)

Unfold original cloth and pocket pouch. Turn the raw edge of the original piece which forms a triangle inside by 0.5 cm and stitch with the pocket pouch. (Fig 6)

Fold the pouch piece lengthwise with right sides together and matching the round shape. Stitch the edge. (Ref.SS.No.3) (Fig 7)

Turn the pocket pouch right side out and set the seam in center. Place the pocket mouth flat over the jetting piece matching side and top edges of pocket pouch and original piece.

Take care that the top slant line of the pocket edge is placed 5 cm away from the top corner of jetting piece.
Baste side length of the original piece along with the jetting and pocket pouch below the pocket mouth and stitch on the top of pocket slant line 2 mm away from the folded edge upto 2 cm below the top edge and make firm tacking. (Fig 8)

Take the other piece of the original cloth, place one over the other with right sides together, pocket pouch upwards.

Stitch side seam leaving 1 cm seam allowance. (Fig 9)

**TASK 5: Prepare an inseam pocket for kurtha**

Take two pieces of popline (25 x 10 cm) and one piece popline (32 x 12 cm) for pocket pouch piece. (Fig 1)

Remove basting and press the seam open. Turn the raw edges of seam allowance at pocket opening in side by 0.25 cm and finish hem by slip stitch or by machine. (Fig 3)

Place the casement pieces with right sides together, matching edges. Cut notch of 0.5 cm depth 4 cm away from top edge. Mark and cut another notch at the distance of 10 cm from the previous notch on the same edge. Baste both pieces on the same edge at a distance of 1 cm. Stitch with machine from top edge to the 1st notch and from bottom to the 2nd notch, leaving space between the notches open for pocket mouth. (Fig 2)
Cut notches on the edge of the pouch piece at a distance of 10 cm and 20 cm from bottom, draw horizontal lines. Mark half the distance of the rest of the material. Fold the cloth vertically, draw shape and cut. (Fig 4)

Unfold the material, fold it horizontally on the lower line with right sides together. Stitch side edges on the folded part, leaving 0.75 cm seam allowance and 0.75 cm distance from the top edge. This top edge later will serve as a base (Fig 5) line for fixing the pocket pouch.

Turn the pocket pouch right side out and fold raw edges of shaped portion inside by 0.75 cm and baste. (Fig 6)

Cut a notch on the centre of the base line, fold the double portion of pouch over the shaped portion with right sides together, so that the base line is kept outside. Place notch of the base line on the centre seam line of the original cloth 1 cm below pocket mouth opening shaped portion upwards. Pin and baste pouch and original cloth on the base line and on the peak of the shaped portion.

**Take care that peak matches the seam line.**

Baste also on the edges of the shaped portion. Stitch with machine on base line. Stop at end, pivot the material and bring down the double portion of the pouch. Continue stitching on the shaped portion. Lock seam at end. (Fig 7)

Remove basting and press. Appearance from right side of fabric. (Fig 8)
**TASK 6: Prepare a hip pocket with welt and flap**

Cut all the components as per drawing. Take original sample piece 15 x 20 cm. Mark center line.

Mark pouch piece: draw horizontal lines, 1st 3 cm from upper edge, 2nd 15 cm from upper edge.

Draw a horizontal line of 9 cm length on wrong side, 7 cm below the upper edge, leave 3 cm from each side. Copy the mark to right side by tracing wheel.

Prepare a paper pattern flap (9 x 4.5 cm). Mark 3 cm on both sides and join with the center point and cut on lines. (Fig 1)

Place original flap pieces over each other. Right sides together. Place interlining piece over it. Lay the flap paper pattern on the interlining piece, 1 cm below the top edge and pin. (Fig 2)

Mark along the edges of flap pattern. Baste on marks leaving top edge. Remove pin and paper pattern. Stitch along basting, lock stitches at end.

Cut the extra material from all the 3 sides leaving 0.75 cm as seam allowance. (Fig 3)
Cut the corners only from the interlining piece. (Fig 4)

Turn the flap unit out maintaining the corner shape and press. Make top seam 0.5 cm away from the stitched edges. (Fig 5)

Take pocket pouch piece (15 x 33 cm). With wrong sides together place the pouch piece over main sample piece so that the top edge of pouch piece exceeds 3.0 cm above, the pocket mouth mark. Matching the center of both the pieces, baste along the mouth mark. (Fig 6)

With right sides together, place both the jetting pieces on the sample piece along with pocket mouth mark right sides together.

Baste and stitch 0.5 cm away from mark on both the sides only on pocket mouth. Look stitches properly. (Fig 7)

Remove basting and cut along the mouth mark through both the layers (main piece and pouch piece) very carefully. Stop 1 cm before ends, lift corners of jetting pieces and cut diagonally into the four corners forming small triangles at each end. (Do not cut into stitches and jetting pieces.) (Fig 8)
Gently push the jetting pieces through the cut to the wrong side. (Fig 9)

Work from right side of the original piece.
Fold and press jettings to form 0.5 cm welts with their folds matching in the center of the opening. Baste along both the seam lines. Stitch along basting at lower crevice and lock the seam. (Fig 10)

Turn the whole unit to the wrong side. Fold the original piece back. Turn the lower edge of jetting piece by 0.5 cm inside and top stitch with pouch piece. (Fig 11)
Take the prepared flap piece and insert it into the pocket mouth and match seam line on top of the flap with the seam line of upper welt and baste. Stitch at the upper crevice and lock the seam. (Fig 12)
Place the sample on the machine right side up. Fold back the side edge of the original piece and pouch piece to expose tiny triangle at one end of the pocket mouth. Secure the end of triangle by double seam (care should be taken that stitch must be very close to the cut). (Fig 13)
Repeat the process for the other end.

Now work from wrong side:

Turn off long edge of pouch piece inside by 1 cm and fold the pouch on the marked line (horizontal) and baste the sides upto the waist line. Finish with double seam. (Fig 14)

Stitch one bar one fan button hole in the center of flap, 0.75 cm away from the lower edge.

Stitch the button matching to button hole.
Textile and Apparel  
Exercise 1.3.04  
Dress Making - Garment Construction

Make samples of collars

Objectives: At the end of this exercise you shall be able to
• prepare a peter-pan collar
• stitch open collar (rolled collar)
• stitch and fuse a mandarin (stand) collar
• stitch a shirt collar with stand.

Requirements

<table>
<thead>
<tr>
<th>Tools / Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single needle lock stitch machine</td>
<td>Poplin</td>
</tr>
<tr>
<td>Iron box</td>
<td>Interlining</td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Prepare a peter-pan collar

This collar is made of two separate collar units: for left and right side of the neck.

Prepare a paper pattern according to the draft and instructions. (Fig 1)

Prepare a master pattern leaving 0.75 cm all around.

Lay the pattern on a cloth matching bias grains and cut three pieces from it. One piece is upper collar, one is under collar and one serves as interlining. Mark the three pieces.

With right sides together place under collar over upper collar. Place the interlining piece over upper collar. Match the corners of all the layers. Pin and baste through all three layers. (Fig 2)

Fusing or interlining is always attached with upper collar.

Trim out the corner of interlining piece only.

Stitch along outer seam line maintaining the shape of curved shape and corner and leaving neck edge open. (Fig 3)
Trim the corner and clip fullness in seam allowance of curved shape. (Fig 4)

Then press them towards the underside of collar. (Fig 6)

Press all seams open. (Fig 5)

Turn the collar unit with right side out. Bring seamline to under collar side and fix with diagonal basting. Then press.

**TASK 2: Stitch open collar (rolled collar)**

Prepare a paper pattern according to draft and instructions for drafting on double layered brown paper. (Fig 1)

**Square out horizontally and vertically from 0**

- \(0-1 = \frac{N}{2}\)
- \(0-2 = 1-3 =\frac{Ch}{12} + 2\) cm
- \(0-4 = 1-6\)
- \(3-6 = 2.5\) cm
- \(0-7 = \frac{Ch}{12} + 1\) cm
- \(1-8 = 2\) cm

**INSTRUCTIONS FOR DRAFTING**

Give 0.75 cm seam allowance on sides and lower edge. Cut the master pattern. Set balance marks on the centre of shaped edge. Lay the pattern on double layered sample cloth, mark and cut on the outlines. Transfer and cut balance marks. (Fig 2)
Cut the interlining material with the help of the pattern but extend horizontal centre line by 1 cm. Cut balance mark on the centre of shaped edge. Pin interlining on the wrong side of collar piece, balance marks and centre lines matching. Baste all around the interlining piece. (Fig 3)

Fig 3

Stitch the interlining to the collar piece below the centre line leaving 2 mm from the edge. (Fig 4)

Fig 4

Fold collar piece with interlining on centre line with right sides of collar together. Stitch on the sides leaving 0.75 cm from edges. Trim off the corners, take care not to cut the seam line. (Fig 5)

Fig 5

Turn the collar piece so that the right side is out. Use bodkin to pull out corners neatly. Top stitch from upper side of the collar on the three edges leaving 0.5 cm. (Fig 6)

Fig 6

The notch in the lower edge of unfolded collar piece will later serve as balance mark for attaching collar to the neck.

TASK 3: Stitch and fuse a mandarin (stand) collar

Prepare a paper pattern according to the draft and instructions. Cut the pattern (Fig 1).

INSTRUCTIONS FOR DRAFTING

MANDARIN (STAND) COLLAR

0-1 = N/2 = 14 cm
0-2 = 1-3 = Ch/24 = 2.5 cm
1-4 = 1.25 cm
3-5 = 0.75 cm
3-6 = 1/2 of 2-3
5-7 = 2.5 cm
0-8 = Ch/12 + 1 cm = 6 cm
5-9 = 2 mm

Square out horizontally and vertically from 0
Join 2-3
Join 4-3 and extend from 3
Shape 5-6
Divide angle 7-4-1
Shape 0-8-9-7

Transfer the pattern on fusible interlining and cut it on the outer lines without giving any allowances.

Lay this fusing piece over sample on wrong side of material (already cut to nearly same size). Match the grains. Pin and baste it.

Remove pins and fuse the interlining with iron. Cut the fabric leaving 0.75 cm seam allowance all around the fusing piece. (Fig 2)
Place this fused piece of collar over another piece of sample cloth matching grains and right sides together. Pin it and cut the excess material of under collar leaving also 0.75 cm seam allowance along the shape of fusing.

Cut balance marks in centre of upper and lower edge of collar. (Fig 3)

Remove the pins. Remove also under collar piece. Take the fused piece (upper collar) and turn the seam allowance of lower edge of cloth over the fusing. Baste and topstitch from right side at a distance of 0.5 cm. (Fig 4)

Stitch along the three edges 1 mm away from fusing through all layers. Stitch over turned lower edge but don’t stitch over seam allowance of under collar piece. Leave 2 mm at the ends. Lock seam. (Fig 6)

Cut notches on shaped corners.

Press open the seam, then press seam allowances towards the under collar.

Turn the collar with right side out, pull out the corners neatly and press. (Fig 7)

Place this fused piece on the upper edge of under collar, matching grains and balance marks. Pin and baste. (Fig 5)

Cut notches on shaped corners.

Press open the seam, then press seam allowances towards the under collar.

Turn the collar with right side out, pull out the corners neatly and press. (Fig 7)

---

**TASK 4:** *Stitch a shirt collar with stand*

Prepare a paper pattern according to the draft and instructions. Give seam allowance of 0.75 cm only on the lower edge of collar part (line 2-7). Cut the pattern. (Fig 1)

By cutting on 2-10-14-7 make 2 separate pieces of collar and band.
Transfer the pattern of collar and stand part on fusible interlining and cut it on the outer lines.

Cut sample cloth according to pattern but give approximately 1 cm tolerance all around.

Lay the fusing piece over sample cloth on the wrong side of material along the grains. Pin and baste it.

Remove pins and fuse the interlining piece with iron. (Fig 2)

Trim the fabric leaving 0.75 cm seam allowance all around fusing, except on the lower edge of collar (allowance already added in paper pattern). Cut the pieces.

Place the fused piece of collar over the under collar of sample cloth matching grains and right sides together. Pin and baste it along the shape of fusing and cut the excess material of lower cloth leaving also 0.75 cm seam allowance. (Fig 3)

Stitch the outer edge of collar having stitch 1 mm away from fused interlining. (Fig 4)

Cut notches on upper edge and trim corners. (Fig 5)

Press open all the seams, then press seam allowances towards the under collar.

Turn the collar inside out. Use bodkin to pull out corners properly. Top stitch on fusing side on the upper edge and sides at a distance of 0.5 cm. Cut balance marks in centre of lower edge. (Fig 6)
Transfer pattern of stand part on fusing material and cut without leaving any seam allowance. Repeat the same process for stand as earlier for the collar part until you have cut both sample pieces of cloth. Cut balance marks at the centre of upper and lower edge. (Fig 7)

Remove the basting. Remove also the lower stand piece. Take fused piece and turn the seam allowance of lower edge of cloth over the fusing. (Fig 8)

Baste and top stitch from right side a distance of 0.5 cm. (Fig 9)

Join fused stand piece and collar piece, fused fabric sides together. Place the collar flat on stand piece. Tack first on centre balance marks, then adjust the collar on one side, edges of seam allowances matching. In this procedure you have to bend the collar to adjust the seam allowances. Pin along the seam allowances. Repeat the process on the other side. Take care that both extensions of stand piece are equal. Baste and remove the pins. (Fig 10)

Place unfused stand piece over the under side of collar matching balance marks and the shape of fused stand piece. Take care that the edges of seam allowances are matching. Collar piece is now in between the two stand pieces - unfused stand piece is extending the fused stand piece on unfixed edge. Baste and stitch 1 mm away from fusing. (Fig 11)
Textile and Apparel  
Dress Making - Garment Construction

Make samples of cuffs

Objectives: At the end of this exercise you shall be able to
• prepare and fix lapped cuff
• prepare and attach shirt cuff
• prepare and attach band cuff
• prepare and fix shaped turnback cuff.

Requirements

<table>
<thead>
<tr>
<th>Materials</th>
<th>Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poplin</td>
<td>0.60 x 0.90 m</td>
</tr>
<tr>
<td>Fusing material</td>
<td>0.10 x 0.90 m</td>
</tr>
</tbody>
</table>

PROCEDURE

Draft and cut 4 sleeve shaped fabric with the help of the instructions for drafting (Fig 1)

**TASK 1: Cuff with placket - Lapped cuff**

Take one sleeve shaped fabric and stitch sleeve side seam with a plain seam. Slit open the cuff placket at the marking and finish it with continuous placket (Refer Ex.No.2.07)

Mark and cut cuff following the instructions.(Fig1). Measure cuff length from the sleeve prepared.

Place cuff pattern over fushing and cut a piece. Leaving seam allowance on three sides place fusing piece on wrong side of the matieral.

Turn the longer edge of seam allowance inside. Baste and stitch 0.75cm away from edge on right side. (Fig 2)
Fold cuff on centre line, right sides together, baste and stitch from fold side leaving 2 mm unstitched at the folded edge and lock the stitch. (Fig 3)

Turn the cuff inside out (take care of corner). Cut notch at centre of raw edge. Press (Fig 4)

Press the placket inside and measure the sleeve bottom. The difference between cuff length and sleeve bottom is the measurement for two pleats. Prepare 1st side pleat at side seam. Prepare another side pleat at the same distance on the other side placket (Fig 5)

Baste and stitch underside of cuff (unfused) to wrong side of sleeve bottom matching centre marks so that the cuff end at back placket edge (edge closer to underarm seam) should project out to create underlap and the other end should be flush with remaining placket edge. Trim seam allowances (Fig 6).

Turn the cuff unit up and press seam allowance inside the cuff. Then press the cuff from folded edge.

Baste the sleeve bottom along with cuff edge through all layers. Stitch 2mm away from edge along sleeve bottom and cuff. Lock the stitch and press (Fig 7)

Finish the underside of cuff with bound buttonholes or make worked buttonholes. (Fig 8)
TASK 2: Cuff with placket - Shirt cuff

Take the second sleeve and with its right sides facing together join them at its side seam with a plain seam.

Slit open the sleeve placket and finish it with one piece/shirt placket (Refer Ex.No.2.08.)

Mark and cut the shirt cuff following the instructions (Fig 1). Measure cuff length from end to the other end of sleeve placket.

Follow the instructions as in Task.1 from fig 1 to fig 4

Press the placket inside and measure sleeve bottom. Mark and stitch two pleats, one at side seam and the other one on the other side placket to compensate the difference between cuff length and sleeve bottom. (Fig 2)

Bask and stitch underside of cuff to wrong side of sleeve bottom matching centre marks so that both the cuff ends should be flush with the underlap and overlap edges of the shirt placket. Secure thread ends at beginning and end. (Fig 3)

Trim cross seam allowances diagonally. Remove basting. Turn the cuff unit up and press seam allowance inside (towards) the cuff. Then press the cuff from folded edge.

Bring the folded edge of cuff just over stitching line on right side of sleeve and baste and stitch it secure thread ends. Remove basting and press it. (Fig 4)

Finish the cuff open with button fastener. (Fig 5)
TASK 3: Cuff without plackets

Take the third sleeve fabric and join them at their sides with a seam, matching the right sides together.

**Do not slit open the placket opening for cuffs without plackets.**

Mark and cut the straight band cuff (Fig 1)

![Fig 1](image1)

0 - 1 = 6 cm + 1 cm or to taste
0 - 2 = cuff length + 1 cm

Square out horizontally and
Vertically from 0

Square out from 1

Square out from 2 and mark 3.

**INSTRUCTIONS FOR DRAFTING BAND CUFF**

Place the cuff pattern over fusing and cut a fusing piece and apply it to wrong side of cuff section. Fusing can come right to foldline or extend about 1cm into facing section (Fig 2)

![Fig 2](image2)

With right sides together, baste and stitch cuff ends together. Press it flat. Trim fusing seam allowances and press the seam open (Fig 3)

![Fig 3](image3)

Baste the seam allowance of cuff at the other side (other than the fusing) to edge finish. Match and baste the edge of cuff section to the sleeve edge, with right sides together (Fig 4)

![Fig 4](image4)

Pull gathering threads at end to match the cuff measure.

Stitch cuff as basted and trim seam allowance and press it towards the cuff (Fig 5)

![Fig 5](image5)

Fold the facing to the wrong side of sleeve, folded edge meeting stitch line. Fix it to sleeve with slipstitches. Finally press (Fig 6)

![Fig 6](image6)
The finished band cuff (Fig 7)

**TASK 4: Cuff without plackets - Shaped Turn back cuff**

Take the fourth sleeve and complete its underarm sleeve seam.

Mark and cut the shaped turback cuff and facing sections (Fig1). Also cut a piece of fusing with the cuff pattern.

Press cuff flat and trim the seam allowance short notch out excess fabric from curved (corners) seam allowances. (Fig 3)

Press seams and turn out the cuff to right side. (Fig 4)

Place both the cuff and its facing together with its right sides, facing each other. Apply fusing to wrong side of cuff. Baste and stitch all the three sides leaving the sleeve edge open at a distance of 1.25 cm (Fig 2)

Match and baste the facing side of cuff to the right side of sleeve (Fig 5)
Take the straight cuff facing piece and stitch ends of sleeve facing with right sides together. Press seam flat and open. Trim seam allowance to half width. Machine stitch and finish one of the facing edge with a double fold (0.5cm). (Fig. 6)

Extend the facing and seam allowances and with right sides up, understitch on facing side of seamlne. Press seam flat. (Fig. 8)

Turn facing to the inside, press seamlne and secure the free edge of facing to sleeve with slipstitch. (Fig. 9)

Pull down the cuff while slip stitch so that the stitches are not visible on the cuff (i.e) stitch to facing only to the sleeve fabric.

Mark and baste the sleeve facing to cuff and sleeve. Stitch along the seam line. Remove basting and diagonally trim the cross seam allowance to half of it (Fig. 7)

---
Textile and Apparel
Exercise 1.3.06

Dress Making - Garment Construction

Make samples of sleeves

Objectives: At the end of this exercise you shall be able to
• make a sample of plain sleeve
• make a sample of bell sleeve
• make a sample of bishop sleeve
• make a sample of puff sleeve
• make a sample of leg o’ mutton sleeve.

Requirements

<table>
<thead>
<tr>
<th>Tools / Equipments</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Single needle lock stitch machine - 1 No.</td>
<td>• Long cloth or poplin - 1 m</td>
</tr>
<tr>
<td>• Scissors - 1 No.</td>
<td>• Sewing thread - 1 m</td>
</tr>
<tr>
<td>• Hand needle - 1 No.</td>
<td></td>
</tr>
<tr>
<td>• Ball pin - 1 Box</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

TASK 1: Make sample of plain sleeve

1. Draft the plain sleeve and cut in the fabric.

Measurements

Sleeve length = 14 cm
Chest = 60 cm

Material

Poplin

Figure 1
**Sleeve**

0-1 = SL
0-2 = Ch/4 – 1 cm
2-4 = Ch/12 + 1.5 cm
0-5 = Ch/12 – 1 cm

7-11 = 0.3 cm
6-9 = 0.5 cm
8-10 = 0.5 cm
5-12 = 1 cm
4-13 = 3 cm

13-14 = 1 cm

Join 12 and 14
Divide 12 -14 in 3 equal parts and mark 15 and 16
Square up from 15 and 16

15-17 = 16-18 = 0.5 cm

Shape 4-14-17-18 and 0 (front shape of sleeve)
Join 4 and 19

---

Square out horizontally and vertically from 0
Square down from 2 and mark 3
Join 4-5
Divide 4-5 into form equal parts and mark 6, 7, and 8
Square up from 7
Square up from 6
Square up from 8
Shape 4-11-9-10-0 (back shape of sleeve)
Square up from 13
Join 12 and 14
Divide 12 -14 in 3 equal parts and mark 15 and 16
Square up from 15 and 16

The shape of sleeve crowns proportionately will be the same in all the Garments stitched. The exact measurement given shall help you to shape the crown initially, but also try to draw the shape free hand for practice.

---

2 Stitch the shoulder seams and side seams. It is necessary to adjust the size of the sleeve cap seam line according to the armhole explained below. Stitch around top to sleeve on the seam line (Fig. 1).

![Fig 1](image1)

3 Hem the lower edge of the sleeve.

4 Stitch the side seams of the sleeves making sure that you are not making two sleeves for the same arm then attach the sleeve to the armhole. With the sleeve and garment right side out, hold the sleeve next to the bodice as shown in fig. 2.

Hold the seam edges together out under arm and turn the bodice wrong side out as shown in fig. 2. pin the sleeve to the armhole matching the under arm seams and centre point (c) on sleeve to shoulder arm. Now stitch the sleeve to the armhole. The seam allowance is turned toward the sleeve at the top and is left turned up at the under arm.
TASK 2: Make sample of bell sleeve

1. Draft the bell sleeve and cut in the fabric.

**Measurements**

- Sleeve length = 14 cm
- Bust = 60 cm

**Material**

- Poplin

- 0 – 1 = 1/8 chest
- 0 – 2 = sleeve length
- 3 is square down from 2
- 1 – 4 = 1/8 Chest +1.5 cm
- 0 – 5 = 2-5 cm
  - Join 4 – 5
- 6 is mid way of 4 – 5
- 6 – 7 = 2cm
  - Shape back side 4 – 7 5 – 0
- Square up from 4 – 8
- 4 – 8 = 5cm Join 8 – 5
- Take 1cm above point 4
- Shape front-side 4 - 8 - 9 – 0
- 2 – 10 = 5cm
- 3 – 11 = 2.5cm to 5cm
  - Join 11 – 4
- 11 – 12 = about 2.5cm, shape 12 – 10

2. Join the sleeve to the armhole after matching centre of sleeve to centre of shoulder point.

3. Finish the lower hem of the sleeve

4. The sleeve bottom is finished with narrow hem or with shaped facing. Join side seam

TASK 3: Make sample of bishop sleeve

1. Draft the bell sleeve and cut in the fabric.

**Measurements**

- Sleeve length = 58 cm
- Chest = 80 cm
- Cuff = 5 cm

**Material**

- Bishop sleeve

**Diagram**

- Bishop sleeve
- Fig 4
0 – 1 = One – eight bust + 6.5cm  
0 – 2 = Sleeve length + 2cm for fullness less Cuff-width  
For points 3 to 9, so  
2 – 3 = Same as 1 – 0. Join 3 – 1  
1 – 4 = B/8  
0 – 5 = 2.5cm 6 is mid way of 4 – 5  
6 -7 = 2cm  
Shape back-side 4 – 7 – 5 – 0  
Square up from 4 – 8  
4 – 8 = 5cm for ladies and  
4cm for girls garments  
Join 8 – 5 Taking 1 cm above  
10 – 3 = 2cm  
Shape 10 – 2  
11 is midway of 10 – 4  
12 11 = 1.5cm  
Shape 4 – 12 and 12 -10  
10 – 13 = B/8+ 1.5cm for opening  
If more fullness at the bottom is required, add 12 – 14 – 10 as shown.  
Cuff: - Proportion for cloth,  
Not canvas. Square line from 15, fold at 16 – 15  
16 – 15 = Cuff width + 1.5cm  
17 – 15 = ½ Cuff width + 1.5cm  
18 – 17 = same as 16 – 15  
Join 18 – 16  
If required, take a curve at 18  
2 Join the sleeve to the armhole after matching centre of sleeve to centre of shoulder point.  
3 Finish the lower hem of the sleeve.  
4 Join side seam  

**TASK 4: Make sample of puff sleeve**  
1 Draft the puff sleeve and cut in the fabric.  

![Fig 3](image1.png)  
**Puff sleeve**  
0 – 1 = The sleeve length + 6½ cm for the puff  
1 – 2 = ⅛ Chest + ¾ cm  
2 – 3 = Half of 1 - 2 less ¾ cm  
Join 3 & 0 with a straight line  
4 – 2 = 2 ¼ cm  
5 – 3 = One third of 4 – 0  
2 Make two rows of ease stitches at upper sleeve shape. 2. 1st at a distance of 0.5cm, 2nd at a distance of 0.75cm. 3. Start stitches 5-6 cm from raw edge and stop also 5-6 cm before the other edge. leave long threads. Stitch sleeve side seam. Pin the centre of sleeve crown.  

![Fig 4](image2.png)  
3 Stitch sleeve side seam pin the centre of sleeve crown on shoulder, with right sides together and leaving seam allow.  
4 Gather on sleeve crown 3 cm. on both sides of shoulder seam while pulling the long thread ends from both sides  
5 Pull until the girth of sleeve is equal with the girth of armhole  
6 Baste sleeves to bodice armhole then stitech with machine.
TASK 5: Make sample of leg o’ mutton sleeve

1 Draft the leg o’ mutton sleeve and cut in the fabric.

**Measurements**

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeve length</td>
<td>12.5 cm</td>
</tr>
<tr>
<td>Chest</td>
<td>60 cm</td>
</tr>
<tr>
<td>Sleeve pound</td>
<td>18 cm</td>
</tr>
</tbody>
</table>

**Material**

- Poplin - 17 cm

2 Stitch the side seam and shoulder seam of the bodies.

3 Set the sewing machine for long stitches at by adjusting the stitch regulator.

4 Work a row of large machine stitches at the top of the sleeve edges.

5 Prepare pull the formed stitches at both ends to farm gathers.

6 Sleeve bottom 3 or 5 darks are stitch.

7 Prepare a bias strip to the required length of the sleeve round and the width of 2 cm.

8 Keep the right side of the bias piece to the right side of the lower edge of the sleeve and give machine stitch.

9 Make 5 cm fold on the other side of the bias band and bring the folded edge over to the wrong side of the sleeve, just covering the row of large running stitch.

10 Hem the folded edge of the sleeve on the wrong side.

11 Measure the armhole and sleeve round, stitch the side seam of the sleeve.

---

Fig 5

0 – 1 = 1/8 chest + 6.5 cm + 1.5 cm for looseness
0 – 2 = 6.5 to 10 cm according to gathers at the top
3 – 1 = Same 2 – 0
4 – 2 = Sleeve length + 1.5 cm
5 – 3 = Same 4 – 2 join 4 – 5
6 – 3 = 1/8 chest
7 – 0 = 4 cm
Shape 6 – 9 – 7 – 0 and 6 – 10 – 11 – 0
12 – 5 = 2.5 cm join 6 – 12
13 – 4 = 2.5 cm
join and shape 12 – 13
14 – 13 = ½ sleeve round + 1.5 cm
Supress the distance 10 – 12 in the dart at 13. Keep 2 cm inlays at 12 – 6.
Draft and cut salwaar

Objectives: At the end of this exercise you shall be able to
• calculate the material required for a salwar
• draft and cut the paper pattern of salwar
• prepare master pattern
• lay and cut the salwar components for stitching.

<table>
<thead>
<tr>
<th>Measurements (Medium size)</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Length = 100 cm</td>
<td>2.50 x 0.90 m Poplin/Terycot</td>
</tr>
<tr>
<td>Hip = 100 cm</td>
<td>2 Brown sheets</td>
</tr>
<tr>
<td>Bottom = 38 cm</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

Paper Pattern Drafting
• Lay the brown sheet widthwise folded on the cutting table.
• Draw the drafting of side panel, centre panel and waistband of salwar on the brown sheet, following the instructions for drafting.

Pattern Cutting
• Cut the prepared paper pattern along the following cutting lines.
• Cut the pattern along the following cutting lines.

INSTRUCTIONS FOR DRAFTING

- Square out horizontally and vertically from 0
- Square out from 1 and 2
- Square down from 5
- Join 6 - 7
- For unbelted salwar panels must be extended up to waistline
- Marks for gathering in front

Material

- 2.50 x 0.90 m Poplin/Terycot
- 2 Brown sheets
Instructions for Master Pattern

Belt waistline for fold-down casing  5 cm
All other sides  1 cm

• Mark the master pattern allowances and then cut the excess brown sheet to get the master pattern of salwar with waistband.

• Name the cut pattern components for future reference.

Layout and Cutting

• Follow the given measurements and calculate the material required. (Formula: 2 length of salwar + 1 length (body rise-belt) + 8 cm for shape + 5 cm for fold down casing + 3 cm for seam).

• Lay the salwar fabric widthwise folded on the cutting table with its wrong side facing.

• Arrange the patterns of salwar components side panel, centre panel and waist band.

• Mark the outline of the layed patterns on the fabric using tailor’s chalk.

• Similarly, draw required no: of components of salwar, check the pattern positions for grain lines. Remove the master pattern.

• Mark and cut notches at centre of centre panel.

• Cut along the marked lines with sharp shears.

• Fold and tie all the components of salwar together, to prevent it from missing.
Sew a salwaar

Objectives: At the end of this exercise you shall be able to
- stitch a belted salwar
- make bottom cuff with stiffening and decorative finish.

<table>
<thead>
<tr>
<th>Style Features</th>
<th>Materials and Trimmings</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Gathered front and back</td>
<td>• Cut components of Salwar</td>
</tr>
<tr>
<td>• Decorated bottom finish</td>
<td>• Canvas 0.05 x 0.90m</td>
</tr>
<tr>
<td></td>
<td>• Matching colour thread</td>
</tr>
<tr>
<td></td>
<td>• Machine needle no.16</td>
</tr>
</tbody>
</table>

Fig 1
PROCEDURE
The cut components of salwar are the following
Side Panel      4
Centre panel    2
Belt                 2
• Join straight sides of side panels with centre panel, for both leg parts.
• Make bottom cuff with stiffening. (SS.No.1)
• Make ease stitches, 1 cm below upper edge of stitched leg pieces.
• Match centre front and centre back of leg piece and belt.
• Adjust the width of the leg piece with belt piece by gathering the fabric between the marks.

Skill sequence No.1
Bottom finish
Objectives: This shall help you to
• make decorative bottom cuff with stiffening.
Cut two strips of canvas/stiffing material (size: width of bottom + 5 cm for shape and seam; 5 cm length.)
Cut 2 pieces of cloth from remaining fabric (width is same as canvas, length is 7 cm).
Place canvas piece over a strip of cloth on wrong side at a distance of 1 cm from each long edge. (Fig 1)

Turn 1 cm cloth over canvas strip and stitch 5 mm from edge. (Fig 2)

Place bottom strip over bottom of leg panel, with right sides together and stitch. (Fig 3)

Now turn bottom strip towards underside (wrong side of panel will match with wrong side of strip now) and stitch from right side at upper edge of bottom strip. (Fig 4)

First gather, then pin belt to leg piece and set additional gathers for adjustment in the same operation.

• Stitch with double seam.
• Repeat the process for other leg.
• Stitch inside leg lengths.
• Join crotch by double seam.
• Cut excess material from bottom seam allowance.
• Finish by making fold-down casing at top of belt.
• Prepare a tying string of 1-1.5 cm width from balance material. Length of string must be at least 15 cm longer than belt girth.
• Press the garment.
Decorate bottom with different decorative stitches with fashion maker machine or draw design on the cuff and stitch it with treadle machine. (Fig 5)
Draft and cut a churidar

Objectives: At the end of this exercise you shall be able to
• calculate the material required for a churidar
• draft and cut the churidar paper pattern and master pattern.
• prepare the bias bag for layout and cut the required components.

Measurements (Medium size)

<table>
<thead>
<tr>
<th></th>
<th>Materials and Trimmings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full length (Waist to ankle) = 105 cm</td>
<td>2.00 x 0.90 m Poplin/Terycot</td>
</tr>
<tr>
<td>Churi = 15 cm</td>
<td>2 Brown sheet</td>
</tr>
<tr>
<td>Hip = 100 cm</td>
<td></td>
</tr>
<tr>
<td>Round knee = 41 cm</td>
<td></td>
</tr>
<tr>
<td>Round calf = 38 cm</td>
<td></td>
</tr>
<tr>
<td>Round bottom (ankle) = 30 cm</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

Paper Pattern Drafting:
• Lay the brown sheet widthwise folded on the cutting table with its wrong side facing.
• Draw the drafting of churidar for the given measurements with the help of the instructions for drafting (Fig 1).
• Draw smooth curve joining the points 6 - 14 - 9 - 10 - 11-12 for perfect fitting.

If required, attach excess brown sheet lengthwise to suit the length of churidar.

Paper Pattern Cutting
• Cut the prepared paper pattern along the following cutting lines, leaving enough space around them.
  Front and Back 0 - 8 - 6 - 14 - 9 - 10 - 11 - 12 - 1
• Lay a brown sheet and draft the master pattern from the cut paper pattern.
• Add the allowances as mentioned in the instructions for master pattern to the cut paper pattern components for seam allowances, turnings, openings etc.

![Fig 1](image_url)
INSTRUCTIONS FOR MASTER PATTERN

<table>
<thead>
<tr>
<th>Crotch line</th>
<th>1.5 cm</th>
<th>Balance marks on knee line (9)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inside leg seam</td>
<td>2 cm</td>
<td>calf line (10)</td>
</tr>
<tr>
<td>Fold-down casing</td>
<td>5 cm</td>
<td>bottom line (11)</td>
</tr>
<tr>
<td>Bottom for hem</td>
<td>2 cm</td>
<td></td>
</tr>
</tbody>
</table>

- Balance marks on knee line (9), calf line (10), bottom line (11)
- Cut the excess brown sheet to get the master pattern of curidar.
- Name the cut master pattern components with its descriptions for future reference.

Layout and Cutting

- Use the given measurement and estimate the material required by following the formula for calculation (width of cloth = 0.90 m).

Material required

\[ \text{Material required} = \frac{\text{Length of bag} \times \text{width of bag}}{\text{Half width of cloth}} \]

Skill sequence No.1

Bias bag

Objectives: This shall help you to

• prepare the bias bag, to layout, mark and cut the cloth.

1,2,3,4 is the material for bag. 1 - 2 is the width and 1-4 is the length of cloth. (Fig 1)

Fold the material from center in length i.e. at point 5 - 6. By this we get the size 1,4, 6,5 (Fig 2)

Stitch at 1 to 5 and 4 to 6, allowing 1 cm seam allowance by double stitching.

To adjust the width of bag, take

\[ \frac{H}{2} + \frac{RB}{2} + 2 \text{ cm} \]

On line 1 - 4 measure from 5 and mark 7.

\[ 5 - 7 = \text{width of bag (Fig 3)} \]

Fold the piece at 7 and 8. (Fig 4)

After that procedure open edges are on 7 - 9 - 8 - 10. Start stitching from 10.

Join 10 – 8 – 9 with 10 – 7 – 9 (stitching along the selvage) Make a cut at 5 and open upto 7, i.e. on width of bag. Repeat for other end of width (6–8). Now you have prepared a cylinder.
Fold the brown paper lengthwise, cut along the outer lines of draft, so you get two copies of the pattern for layout. Mark notches for fold-down casing, bottom hem and seam allowance. Roll the cylinder and lay the pattern on bias bag in such a way that the maximum joints are placed above knee, ie. on upper side.

To find the right placement of the cylinder you have to try: roll the cylinder and place the pattern. If the placement still is not proper try once more.

After finding the right position of cylinder make the cylinder flat, take care that no wrinkles are there. The paper pattern has to be placed in opposite direction the straight part of the pattern has to be placed at the long folded side of the bias bag. (Fig 5)

Fold the fabric twice. (Fig 6)

The next two graphics show another type of layout which can be used only on bigger width: the material required is 2.00 x 1.00 m.

The advantage of this layout is: there are no joints in leg pieces, so it is more comfortable to wear. Leg seams also keep in position, even after several washings.

Fold the fabric twice. (Fig 6)

While stitching the triangular leg pieces take care to join them selvedges together and widths together.

To reduce the bulk of material on waistline, the churidhar can also be stitched with belt, similar as in Salwar.
Sew a churidar

Objectives: At the end of this exercise you shall be able to
• stitch and finish the inside leg with taped seam
• stitch a churidar.
Style Features

- Bias Cutting
- Gathers (Churi) at bottom
- Taped seam at inside leg finish

Materials and Trimmings

- Cut components of Churidar
- 2mt tape (width 1.5)
- 4 hooks
- Matching colour sewing thread
- Machine needle no: 16
- Hand needle

PROCEDURE

- The cut components of churidhar are the following.

Front and back leg part 2

- Stitch the inside leg length with taped seam, giving 1cm seam allowance (SS No.1)

- Turn bottom with narrow hem.
- Join crotch by double seam.
- Prepare fold-down casing.
- Finish and press.

Skill sequence No.1

Taped seam

Objectives: This shall help you to

- stitch and finish inside leg length with taped seam.

Stitch the inside leg with a plain seam 1.5cm with right sides of fabric together joining the front and back parts.(Fig 1)

Place the fold tape exactly on the previous seam line, then stitch a straight seam on the line. (Fig 2)

Cut the excess length of the tape and trim seam allowance.

Can also use the fabric selvedge instead of tape

While stitching do not stretch the material.

Textile and Apparel: Dress Making - Exercise 1.3.10
Draft and cut a kameez

Objectives: At the end of this exercise you shall be able to
- draft and cut the kameez paper pattern
- prepare master pattern
- lay and cut the required components of kameez.

<table>
<thead>
<tr>
<th>Measurements</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full length = 105 cm</td>
<td>2.60 x 0.90 m Poplin/Terycot</td>
</tr>
<tr>
<td>Natural waist = 39 cm</td>
<td>1 Brown sheet</td>
</tr>
<tr>
<td>Bust level = 25.5 cm</td>
<td></td>
</tr>
<tr>
<td>Shoulder = 38 cm</td>
<td></td>
</tr>
<tr>
<td>Bust = 92 cm</td>
<td></td>
</tr>
<tr>
<td>Waist = 72 cm</td>
<td></td>
</tr>
<tr>
<td>Hip = 100 cm</td>
<td></td>
</tr>
<tr>
<td>Sleeve length = 25 cm</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

Paper pattern drafting
- Lay a brown sheet vertically along the length of the drafting table.
- Fold the brown sheet widthwise into equal halves so that its wrong sides facing upwards.
- Draft the kameez front, back and sleeves pattern following the instructions for drafting.

Draft the pattern, to match the marking 0-1 with the folded edge of the brown sheet

Pattern Cutting
- Cut the prepared paper pattern of Kameez bodice and sleeves leaving enough space around for drafting the master pattern.
- Cut the pattern along the following cutting lines

Bodies Front
- 13 - 15 - 11 - 12 - 17 - 32 - 18 - 5a - 6 - 28 - 26 - 29a - 33 - 8 - 34 - 10b - 10 - 9 - 1 - 13

Bodice Back
- 35 - 35a - 11 - 12 - 36 - 5b - 6 - 8 - 34 - 10b - 10d - 9

Sleeve
- 0 - 17 - 14 - 13 - 12 - 4 - 7 - 5

(Front Shape)
- 0 - 21 - 18 - 16 - 4
Front

Square out horizontally and vertically from 0

0-1 = FL + 3 cm (for dart)
0-2 = B/4 - 2.5 cm
0-3 = NW
0-4 = Sh/2
2-6 = B/4 + 2.5 cm
7-8 = 1.5 cm
1-9 = B/4 + 10 cm
9-10 = B/3
10-10a = 1/2 of 8-10
10a-10b = 1 cm
0-11 = B/12
4-12 = B/36
0-13 = B/8 + 1.5 cm
14-15 = 1 cm
5-16 = 1/3 of 12-5
16-17 = 1.25 cm
5-5a = 1/3 of 6-5
5-18 = 2 cm
0-19 = 3-20 = B/12 + 1.25 cm
19-21 = BL
21-22 = 2 cm
20-23 = 20-22
20-24 = 20-25 = 1.5 cm
Shape slightly 22-24 and 22-25
6-26 = B/8
21-27 = 4 cm
26-28 = 26-29 = 1.5 cm
Join 26-27, 27-29 and mark 29a, join 26-29a
18-30 = 0.75 cm
30-31 = B/12 - 1 cm
30-32 = 0.75 cm
Join 31-32 and 31-18 and extend up to shape of armhole
8-33 = 8-34 = B/12
Mark for placket opening

Back

Addition of 3 cm in full length is given for side dart. It is not required for back length. Take only full length for back.

1-1a=9-9a=3 cm
0-35 = B/8
12-36 = 1/2 of 12-5
5-5b = 1/2 of 5-6
Outlines are same as front
Square out from 35 up to previous neck line
Divide angle 36-5-6
Shape 12-36-5b-6 (back arm hole)
For centre dart at back:
Join 21-20
Join 21-24, 21-25, 25-23, 24-23 (back dart)
Scye dart and side dart are not required.
Master Pattern

Add the given allowance to the cut paper pattern for seam allowance, turnings, hems, etc.

<table>
<thead>
<tr>
<th>Instruction for Master Pattern</th>
<th>Sleeve</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Front and back</strong></td>
<td><strong>Top</strong></td>
</tr>
<tr>
<td>Neck, shoulder and armhole</td>
<td><strong>Side</strong></td>
</tr>
<tr>
<td>Sides</td>
<td><strong>Turning</strong></td>
</tr>
<tr>
<td>Bottom turning</td>
<td></td>
</tr>
<tr>
<td>Placket portion at back side on left hand</td>
<td></td>
</tr>
</tbody>
</table>

- Draw and cut the master pattern after marking the required allowances to the bodice and sleeve pattern.
- Cut notches at required markings.
- Name all the cut pattern of the kameez for future reference.

Layout and Cutting

- Lay the Kameez fabric open on the cutting table with its wrong side facing.
- Spread and arrange the master pattern of kameez front and back part, sleeve economically on the fabric (Fig3).

- Mark the outline of all the components of kameez as arranged using a tailor’s chalk
- Remove the master pattern. Cut the fabric components as marked using a sharp pointed scissors.
- Cut notches at dart markings to set their positions.
- Fold and tie all the cut fabric components of kameez together.
Sew a kameez

Objectives: At the end of this exercise you shall be able to
• stitch and finish neckline with facing
• stitch kameez with scye dart side darts and waist dart.
<table>
<thead>
<tr>
<th>Style Features</th>
<th>Materials and Trimmings</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Front part with scye dart, side dart and waist dart</td>
<td>• Cut components of kameez</td>
</tr>
<tr>
<td>• Back part with waist dart</td>
<td>• 2 hooks</td>
</tr>
<tr>
<td>• Faced neck finish</td>
<td>• Matching colour sewing thread</td>
</tr>
<tr>
<td>• Side Slit</td>
<td>• Machine needle no.16</td>
</tr>
<tr>
<td>• Inseam placket at the waist seam</td>
<td>• Hand needle.</td>
</tr>
</tbody>
</table>

**PROCEDURE**

- The cut components of kameez are the following
  - Front bodice 1
  - Facing piece 1
  - Back bodice 1
  - Sleeves 2

- Baste and stitch darts, and press scye and side darts towards waistline and waist darts towards centre back and centre front.
- Finish the neck with facing. (SS.No.1)
- Stitch front and back side together, leaving slit opening on both sides and in seam placket mouth on left side on marks.
- Trim the edges of side seam with pinking scissor leaving placket opening.
- Prepare the inseam placket
- Press open the side seams.
- Finish the slit and bottom by hem.
- Finish the sleeve bottom by hem.
- Stitch the side seam of sleeve and trim the edges with pinking scissors.
- Set the sleeves in armhole (set-in-sleeve method).
- Fix 3 hooks and eyes on placket.
- Finish and press.

**Skill sequence No.1**

**Neckline facing**

**Objectives:** This shall help you to
- to cut the facing and to attach it to the square neck.

Take two pieces of cloth (16 x 22 cm) from the same fabric as the kameez for facing. Use excess material from layout. Fold each facing piece in centre widthwise. Work with one piece first. (Fig 1)

Set the folded front neck of kameez upon one folded piece together with folded edges of both pieces. Mark the neck shape and the slope of shoulder line on the facing. (Fig 2)
Copy the neck shape on facing at a distance of 4.5 cm. (Fig 3)

Cut on inner and outer shape and unfold the facing piece.

Repeat the whole process with back neck on other facing piece.

Stitch the shoulder seam of kameez and facing strip separately from the wrong side. Press open the shoulder seam of facing strip. Press the seam allowance of kameez towards back.

Turn the outer raw edges of facing strip by 1 cm towards wrong side and stitch at a distance of 0.5 cm.

Pin the facing strip congruently on the neck of shirt; join right side of kameez and facing strip. Take care that shoulder seams match. Baste it. (Fig 4)

Stitch around the inner neckline at a distance of 0.75 cm.

Clip all the corners diagonally leaving 2 mm from seam edge. (Fig 5)

Fold the facing upwards inside the neck and top stitch all around very close to the edge of neck shape. (Fig 6)

Stitch only on facing and seam allowance, don’t catch shirt material.

Fold the facing on the line on neck shape on the wrong side of shirt piece. Set the seam; press, baste and hem it. (Fig 7)