



WEAR(E)ABLE

BEST DRESSED SUSTAINABLY

„WEAR(E)ABLE”
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Erasmus + project 2019-3-AT02-KA205-002603

OUTPUT 4

Toolbox for sustainable clothes: “SEE IT-TOUCH IT-FEEL IT”



Co-funded by the
Erasmus+ Programme
of the European Union



INTRODUCTION	3
TASK 1: LIST OF MATERIALS	4
1. A SEWING MACHINE	4
2. TAILOR'S SET	6
3. UPCYCLING MATERIALS YOU CAN USE FOR DECORATION OR RE-MAKE	8
4. GUPPYFRIEND	10
5. DIFFERENT FABRICS (FROM THE BEST SUSTAINABLE AND FRIENDLY TILL THE LEAST).	11
• HEMP	11
• LINEN	11
• COTTON	11
• BAMBOO	12
• POLYESTER	12
• ACRYLIC	13
• CUTTING BOARD	13
WHERE CAN I BUY ALL OF IT?!	13
TASK 2: KNOW YOUR STITCHES	15
TASK 3: HOW TO SEW?	17
TASK 4: YOUR FIRST PROJECTS	18
RECTANGULAR TABLECLOTH	18
KNIFE-EDGE PILLOWS	22
ZIPPER CLOSURES	28
T-SHIRTS	33
THE LAST FEW WORDS	42
SOURCES AND WEBSITES	43

INTRODUCTION

This toolbox has been created in course of the "Wear(e)able -best dressed sustainably" project no. 2019-3-AT02-KA205-002603 (co-funded by the Erasmus+ Programme of the European Union). The project's main objective is to increase awareness and concrete actions to tackle the negative effects of fast fashion among young people, and especially the main environmental effect of microplastic pollution.

The practical toolbox is the last part of the project included in the Output 4. Compilation of the box include:

- the list of materials needed in order to prepare the practical sewing box,
- instructions for action, what can be done with the box in concrete terms.

We created this toolbox to enable young people and youth workers to make practical use of acquired knowledge about sewing, project products etc. We want to enable them to further develop in practice the solutions worked out during this project, develop their own ideas on the spot.

This toolbox is a first step in developing youth cooperation aimed to design, create environmentally friendly/conscious clothes.

“SEE IT – TOUCH IT – FEEL IT” is exactly like that. Our toolbox is a real box filled with content that invites young people to experience it with all their senses and to experiment. It is made to create sustainable clothes in real life.

TASK 1: LIST OF MATERIALS

1. A SEWING MACHINE

A sewing machine is an absolute MUST in our practical toolbox. It is not possible to fix, moderate, change, refresh clothes without a sewing machine. We have chosen a [MINERVA NEXT 363D](#). However, each of you may choose the best, suitable option for them.



The MINERVA Next 363D sewing machine is extremely easy to use, so even those with little experience can handle it. At the same time, it does not lose any functionality, so you can do embroidery, darning, sew buttonholes, insert zips and much more in the field of tailoring. The MINERVA Next 363D sewing machine is equipped with a comfortable handle, thanks to which you can move the machine to any place of your choice. The ergonomic handle makes transportation very comfortable. The machine provides many sewing functions to take care of your existing garments, but also to successfully create new garments. You can indulge in your passion for clothing design and MINERVA will help you to ensure that your plans are perfectly prepared. Thanks to the automatic needle threading option, work is much faster and more comfortable. In addition, you do not tire your eyes as much as you would with manual threading.

Some garments, especially trousers, sometimes need extra reinforcement. With the backstitching option, you can re-stitch an already created stitch on a garment you've sewn or touch up finished, store-bought garments.

The MINERVA Next 363D sewing machine includes a number of additional accessories that are particularly useful for beginners. Among the included items you will find needles, mending plate, universal foot and many others.

If you decide to buy another sewing machine, make sure it has:

- Automatic needle threading function
- Various sewing functions such as: Darning, Embroidering, Buttonhole sewing, Button sewing, Zipper sewing, Fabric stitching
- Adjustment of the foot pressure on the material
- Thread tension adjustment
- Backstitching sewing option

Alternative sewing machines:

Available in Italy: <https://www.macchinepercuciregnoatolino.it/catalogo-brother-c10047.html>

Available in Austria: <https://www.amazon.de/Brother-Nähmaschine-Nähprogramme-Automatisches-Nähmaschinen/dp/B07W7YZJQH>

Available in Lithuania: <https://viskassiuvimui.lt/produktu-kategorija/household-sewing-machines/elektromechanines-siuvimu-masinos-en/?lang=en>

2. TAILOR'S SET



https://www.empik.com/zestaw-krawiecki-172-elementy-wellwoow,p1274660161,szkolne-i-papiernicze-p?gclid=Cj0KCQiAy4eNBhCaARIsAFDVtI3RVivdnltPMoW5RZzp8fezxyt2xnRmJfooHudejj9azoKHBr0gI4MaAqTUEALw_wcB&gclsrc=aw.ds

This set of thread and accessories is great for both beginners and advanced users.

It contains everything you need to do handicrafts: thread, needles, scissors, centimeters, thimbles, threaders, safety pins. The accessories come in different colours, which makes them pleasing to the eye and a pleasure to work with.

CASE - Everything is enclosed in a black case made of high-quality materials. Thanks to it you can keep sewing tools in one place. You can easily hide them in your bag or backpack and take them with you on your journey.

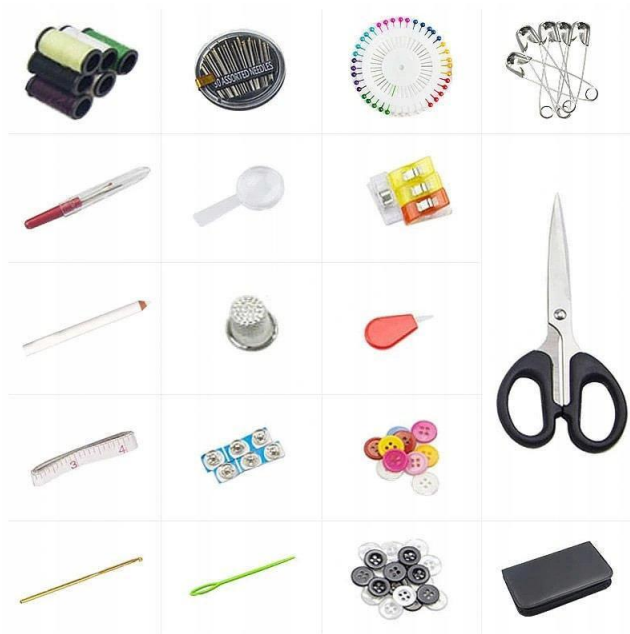
TRAVEL KIT - Thanks to its small size, the product will be perfect as an "emergency kit" during travel. It will be an additional protection during big trips.

The set is perfect for someone who sews or would like to start their adventure with sewing. The number of elements makes sure that there is something for everyone in it.

THE SET CONTAINS 172 ELEMENTS:

- ◊ eco leather case
- ◊ 48 pieces of coloured thread
- ◊ 40 pins
- ◊ 30 sewing needles
- ◊ 1 magnifying glass
- ◊ 5 safety pins
- ◊ 1 piece threader
- ◊ 10 white buttons
- ◊ 10 black buttons
- ◊ 10 coloured buttons
- ◊ 1 pair of scissors
- ◊ 1 sewing measuring tape
- ◊ 1-piece white dressmaker's fabric eraser
- ◊ 1 seam ripper
- ◊ 5 pcs of tension fasteners (snaps)
- ◊ 1 knitting needle
- ◊ 1 piece crochet hook

- ◊ 4 clips
- ◊ 1 thimble



3. **UPCYCLING MATERIALS YOU CAN USE FOR DECORATION OR RE-MAKE**

It is possible to give a new life to all the things you are not wearing anymore! Recycling and renovating old things may be a crazy amazing adventure.

The official dictionary definition of the word upcycle is: „*to reuse (discarded objects or material) in such a way as to create a product of higher quality or value than the original.*” So we may understand it like this: „Upcycling involves adding value (in the eye of the beholder or the upcycler) to something that would otherwise have been thrown away, recycled, lost in storage or abandoned. Upcycling can involve repurposing and reusing, refreshing, revamping and reviving or creating and re-creating.”

Create & Re-Create

When we talk about creating and re-creating something for the purposes of upcycling what we mean is crafting existing materials into something wildly different.

So these would be upcycles where you can't immediately tell what the material was made off.

Rag rugs might be an example, or beaded **jewellery** made of scraps of magazine.



For example: These are **some necklace pendants we made using small colour fabric samples!**

Do you want to know more? We found you a perfect place to do it.

→ <https://upcyclemystuff.com> ←

It's Kristen's page and she's passionate about upcycling and she wants to help you feel that way too. She's also passionate about small businesses and the difference that running one can make in people's lives.

We are sure that ideas on this page will help you upcycle everything you need!

4. GUPPYFRIEND



This eco-friendly washing bag is made of untreated nylon and is a pragmatic solution to prevent synthetic microfibers from entering rivers and oceans. Every time you wash your clothes, tiny fragments of almost invisible fibres from the garment get washed into our rivers, water ways and oceans, so small that sewage treatment plants cannot effectively filter out these micro fibres. Once in the environment, these micro fibres are consumed by aquatic organisms, which can result in gastrointestinal infections and blockages, reproductive problems, and starvation – problems that ultimately work their way up the food chain.

The Guppyfriend bag captures microfibres and hinders them from making their way into the marine ecosystem. After a while you can peel out a ball of fibres and discard it in the plastic recycling bin.

Due to its soft surface, it also results in less fibre loss which protects your garments thus extending their lifetime as well as being a daily reminder to wash less and to buy better - something we can all do to make a difference. Plastic pollution in the oceans is one of the biggest environmental issues of our time, and the Guppyfriend is a great option for everyone who wants to do their bit to prevent plastic emissions and promote environmentally friendly living.

5. DIFFERENT FABRICS (FROM THE BEST SUSTAINABLE AND FRIENDLY TILL THE LEAST).

- *HEMP*

It is considered as one of the most versatile plant on the planet by many experts. It is the only plant that can feed you, clothe you, create a home for you, and provide you with natural beauty products.

As a fabric, hemp is breathable, warm, moisture-wicking, antibacterial, and can be easily blended. It's a very durable fabric that becomes softer with washing and wear, and it is biodegradable at the end of its life. Beyond that, the hemp plant doesn't require a lot of water, and it can produce two to three times more fibre per acre than cotton. It replenishes the soil it grows in rather than extracting its nutrients. All this is to say that from a sustainability perspective, hemp is the best option we have.

- *LINEN*

Linen has become a favourite eco-friendly staple recently, and for good reason. It's made from flax and has been lauded for hundreds of years due to its durability.

As a fabric it's breathable, durable, lightweight, absorbent, antimicrobial, moth-resistant, and cool (as in it lowers your body temperature in summer, as opposed to cotton). In terms of sustainability, it requires far less water than cotton and doesn't require any chemical fertilisers or pesticides. Bonus: It's biodegradable, too.

- *COTTON*

While cotton is a natural fibre that can biodegrade at the end of its life, it is also one of the most environmentally demanding crops there is. The cotton industry now uses 25 percent of the world's insecticides and 10 percent of the world's pesticides. According to the World Health Organisation, in developing countries 20,000 individuals die of cancer and pregnancy loss as a result of chemicals sprayed on conventional cotton. Cotton crops also require a huge amount of water to grow (think nearly 700 gallons for a T-shirt), which in turn places a substantial strain on the environment. We're seeing the toll that a lack of water can play in areas like South Africa and California.

Yes, there is a burgeoning organic market for cotton, but that doesn't solve the water issue. And although organic cotton isn't grown using pesticides and herbicides, it often comes at a premium many people can't afford.

- *BAMBOO*

Bamboo is a natural fibre made from the bamboo plant. The fabric is silky in texture, incredibly durable, and has moisture-wicking properties. More than that, bamboo requires very little water and no fertilisers or pesticides to grow and is biodegradable.

However, it has a dark side. The process of turning bamboo into fabric is very chemically intensive, and it produces a fair amount of waste. This makes bamboo much less sustainable than you might think at first glance.

- *LEATHER*

The controversial material is often considered unsustainable due to the fact that it comes from animals. It also is usually made using highly toxic processing and tanning methods.

That said, The Leather Working Group is currently working to provide resources for more sustainably sourced leather that is naturally tanned with environmentally friendly agents and dyed using natural vegetable dyes that don't end up further polluting our waterways.

Designers are now playing around with recycled leather, and there are plenty of new "plant-based" leather innovations coming into play like Pinatex and mushroom leather that are a lot more sustainable, so watch this space.

- *POLYESTER*

Polyester is a cheap, widely used synthetic fibre that is made from petroleum—the same substance that creates the plastic water bottles and takeaway boxes we use. It's a wrinkle-resistant and durable fabric that dries quickly...but it can take up to 200 years to decompose. While polyester can be recycled, breaking it down requires yet another chemical process.

By 2050 there could be more plastic in the ocean than sea life. Statistics like this make us think that there's no reason for our clothes to pump more plastic microfibers into our environment, and I'm sure you'll agree.

It is worth mentioning, though, that recycled polyester, or rPET, is now being used more often, especially in activewear, swimwear, and outerwear. rPET is made from post-consumer recycled plastic such as water bottles, containers, and secondhand polyester garments. The use of rPET reduces the use of oil, reuses waste, and cuts out the need for the virgin polyester industry.

- *ACRYLIC*

Acrylic is a synthetic, handmade alternative to wool. While it's lightweight, soft, and cheap, it pills easily and isn't super breathable. As a synthetic, acrylic cannot biodegrade. It also cannot be recycled and requires toxic chemicals and a lot of energy to create.

- *CUTTING BOARD*

Sewing machines and scissors are pretty popular tools, but the chances are that you have never even heard of a cutting board. Fear not, as it is not something overly expensive or complicated.

A cutting board is simply cardboard or a square plastic board with marks that you can use to measure cloth and other materials. The purpose is not only to measure the fabric more easily and accurately but to also save the tables in the house from scratches by scissors and pins. Due to its conveniently printed rulers and lines, you will also save time and material by getting it right more promptly and accurately.

WHERE CAN I BUY ALL OF IT?!

Nowadays sewing clothes for our own needs, as well as for the needs of customers who appreciate handmade items, has become extremely popular. Instead of clothes available in chain stores, more and more often we prefer to pick original and authentic forms and patterns. Surely, before we start sewing, **we need to find the right store with materials**, where we could buy a variety of fabrics which will make our clothes stand out, show our individuality and a completely new perception of fashion. Sewing popularity continues and more and more people choose sewing for themselves as well as in the form of their own business, to meet the needs of

customers. **Best online textile stores** can offer a variety of materials and **fabrics for sewing in all possible colours and designs.**

Do you buy textiles? Pick the best online textile store.

Without a doubt, **a good online textile store** should be a place where we can count on best prices for a great variety of products. Those are ground rules for a great cooperation with such an online store. The most important thing in handmade sewing is the material. It is what makes the clothes stand out and shows its individuality. Customers who order such clothes do not want what most brand stores offer, they prefer something completely different, something that will be able to show their character, personality, and style. **The best quality textiles at lowest prices we can receive online** should be both of excellent quality and design. A customer who **orders sewing supplies at reasonable prices** still wants above all to be able to create something perfect, original and something that will attract the attention of his potential recipients.

Textile store - a wide range of products.

While choosing an online textile store, an important issue is to have access to the widest possible range of products that will be offered to us at the most affordable prices. In a good store we have everything perfectly sorted so that we know which affordable sewing materials are perfect for skirts and dresses, which will be the best for bedding, and which will prove to be the best for children's clothes. The most important for us is our customers' satisfaction with what fabrics and variety of accessories our store offers, so they can make the most beautiful clothes.

Reasonably priced textiles in a professional online store.

In an exceptional store, a professional approach to the customer should be a top priority. When undertaking cooperation with a store, we need to be sure that it will be able to offer us **the best fabrics on the one hand, and most affordable on the other.** It is undeniable, **that a good fabric store** will make every possible effort to be able to fully meet our expectations, requirements and needs. Only in this way can it keep the customer and be sure that when he makes the purchase one time, he surely will be back next and the next time. **A textile store**

should give us such opportunities, so we can create unique clothes for every occasion for ourselves and our clients. You just need to google ONLINE TEXTILE STORE!

<https://thefabricstoreonline.com>

<https://www.moodfabrics.com>

<https://www.pinsola.pl/en>

<https://www.fabric.com>

<https://www.tessutionline.eu>

<https://labottegadeltessuto.com/>

What about local stores?

Yes! It's also possible. We are sure that you can find a lot of stores that provide what's needed for the tailors. You just need to do a small market research in your city and gain knowledge where to buy necessary stuff. Sometimes you can find some pieces for free or for very cheap prices if the shop is providing regular replacement of goods for example.

TASK 2: Know your stitches

As we said in the beginning, if you are going to use a sewing machine, knowing how to do stitches by hand is not going to be of much use. Why would you need to know about them, then? Well, the answer is pretty simple.

The different stitches have different properties in terms of durability, purpose, and speed. They are not only about visualisation. Thus, depending on the materials you are working with, you will need to use different stitches for different purposes. There are a lot of them, almost too many to be practical to cover. This is why we have focused on the four basic types of stitches: the running, the basting, the back, and the overcast.

Running Stitch

The running stitch is hands down the most basic of all stitches. It has many variations and is the foundation of hand sewing techniques. It is a small stitch that is sewn with a single thread in order to secure two pieces of cloth in a seam. You can also use it with a double thread but make sure to knot it securely first.

You should take several stitches with the needle at once before pulling it all the way through, as it will make the sewing both faster and stronger. Be careful, however, that the fabric doesn't buckle or pucker, which is why it is recommended that you lay it flat.

After you begin, make sure that the thread at the end of the row is properly secured.

Basting Stitch

This is another stitch run by a single thread. Opposite to the running stitch, though, this one is used to hold fabrics temporarily until they are sewn properly either by hand or by a machine. Using a basting stitch is a great way to trace patterns and put markings for things like ornaments, hemlines, and pockets.

Start by tying a knot at the end of the thread. Proceed by piercing the needle all the way through the fabric and keep going by creating stitches approximately 3/8 inches apart. Try to find a balance. The thread shouldn't be too loose or too tight, and the fabric shouldn't wrinkle or pucker.

Back Stitch

A back stitch is done with a single thread and is one of the strongest and most secure ways to seam. For this, the front stitches will need to be in a precise row, and the back should appear to have longer, overlapping stitches.

For a back stitch, you will be using a single thread that is knotted at the end, just as you did with the previous three. Start by making one stitch in and out and set the needle back into the fabric with a small stitch behind the place you took the needle out on the last stitch. Then, bring the needle out again, one stitch ahead of the last one. It sounds complicated, and it requires practice, but once you master it, the stitches will appear even. Again, make sure that the fabric is not wrinkled or puckered.

Overcast

The overcast is a stitch that uses one layer of thread that is knotted at the end and is used to finish the raw edges when you are making a seam. You start by stitching from the back this time. Bring the needle all the way to the front and then over the cloth in order to stitch through the back and reach the front again.

As always, mind the tightness and ensure that the stitch is neither too tight, nor too loose. It should be even, and the cloth should stay flat. Remember to secure the thread at the end of the row.



TASK 3: How to sew?

We should all learn to sew. Sewing is a skill for people of all ages, in all occupations, and from all walks of life. From making small repairs to making complete wardrobes, sewing provides for our basic, and not so basic, clothing needs. Sewing can also produce knapsacks and stuffed toys, practical articles, and gifts. Sewing is a fun, useful craft that you can be proud of doing.

Sewing, despite all, is hard and difficult to learn. At the beginning we recommend you to download this pdf file: <https://ncert.nic.in/vocational/pdf/ivsm101.pdf> It contains all the basic knowledge NECESSARY to start your adventure with sewing. It also contains exercises and hints on how to start preparing for your first project.

Social media and YouTube is also a very helpful tool to gain some knowledge about sewing and videos can guide you step for step through amazing sewing adventures. Here's the one we've chosen for you: https://www.youtube.com/watch?v=oD_KpZm7OaM

There are plenty of great sewing tutorials you can find online – go through each project and you'll be surprised how much you'll have improved from one project to the next! Here are some of our favourites:

- <https://blog.seamwork.com/tutorials/>
- <https://www.gathered.how/sewing-and-quilting/sewing/12-best-beginner-sewing-patterns-to-make-today/>
- <https://crazylittleprojects.com/25-beginner-sewing-projects/>

- <https://alittlecraftinyourday.com/50-sewing-patterns-for-beginners/>
- <https://www.allfreeseewing.com/Miscellaneous-Projects/Printable-Sewing-Patterns-for-Beginners-NSM2018>
- <https://www.thecreativecurator.com/top-5-easy-sewing-patterns-beginners/>

Sewing seems to be a bit more complicated than you first thought, doesn't it? And keep in mind that we have omitted the majority of specifics and focused only on the basics! Don't get discouraged though. With the new automated sewing machines and the material covered in this post, you are perfectly equipped to start your journey to style and practicality.

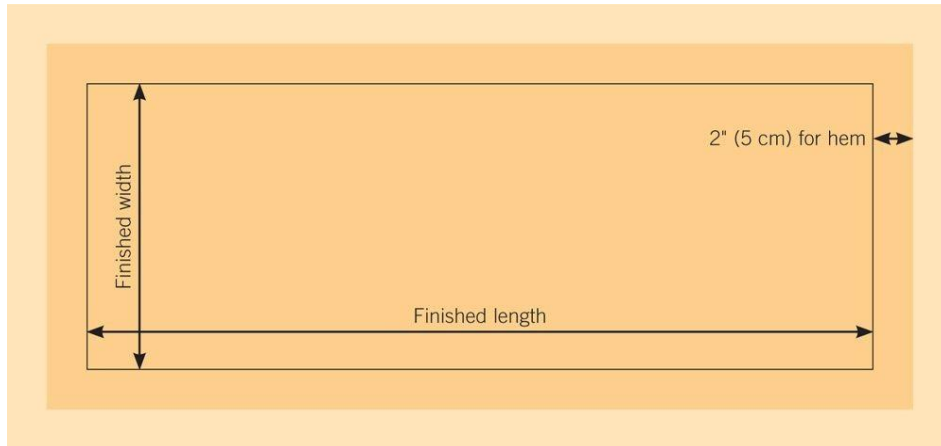
TASK 4: Your first projects

RECTANGULAR TABLECLOTH

A simple rectangular tablecloth adds elegance or accents your colour scheme and is easily changed for special occasions, the changing seasons, or your mood! The neatly mitered corners look very professional, yet they are surprisingly easy to sew. This technique can be used for several other home decorating items, such as a square table topper to place over a floor-length round tablecloth, dinner napkins, placemats, or a table runner.

HOW TO SEW A RECTANGULAR TABLECLOTH

1 Determine the desired finished size for your tablecloth; add 4" (10 cm) to both length and width for the hem. Cut a rectangle of fabric equal to these measurements, following the cutting guidelines.



TIP Select fabric that is wide enough for your tablecloth to be sewn in one piece: 48" (122 cm) fabric for a finished width up to 44" (112 cm), 54" (137 cm) fabric for a finished width up to 50" (127 cm), or 60" (152.5 cm) fabric for a finished width up to 56" (142 cm).

MATERIALS

- Fabric, amount determined in step 1
- Thread
- Fabric glue stick

SKILLS

- Sew double-fold hems
- Use a glue stick to help make perfect mitered corners



2 Press under 2" (5 cm) on all four edges of the cloth. Unfold the pressed edges and press each corner diagonally at the point where the creases intersect. Trim off the corner diagonally at the points where it crosses the foldlines. Use a dot of fabric glue stick to hold the corner in place.



3 Turn each cut edge in, aligning it to the first fold line, and press the outer fold.

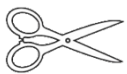


4 Refold on the first fold line, encasing the raw edge to form a 1" (2.5 cm) double-fold hem. Pin the hem in place, **inserting pins perpendicular to the folds**. Use additional dots of glue stick to secure the mitered folds in the corners.



5 Edgestitch along the inner fold line. At the corners, stop with the needle down in the fabric and pivot. Overlap the stitches 1/2" (1.3 cm) where they meet. Press the tablecloth.

EDGESTITCH. Stitch as close as possible to the inner edge of the hem.



TIP *Support the bulk of the fabric to your left with a card table or other surface, so the fabric feeds easily as you stitch. This will help you maintain a nice straight stitching line.*



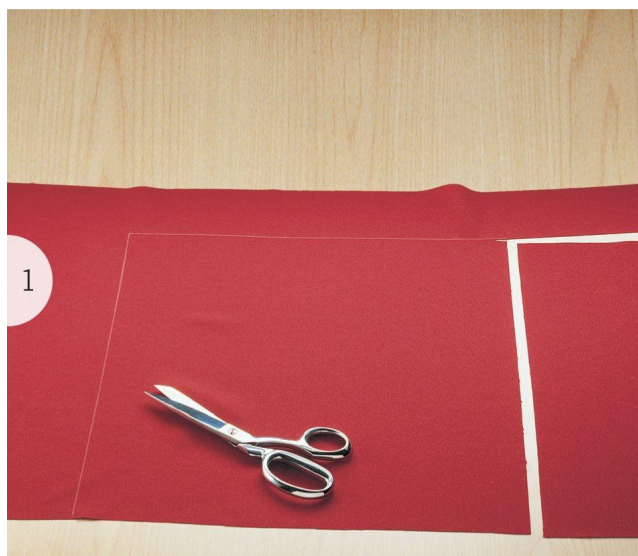
Align the presser foot so that the needle will enter the fabric just inside the inner edge. Note the point on the presser foot that aligns to the edge of the hem itself. As you sew, watch the fabric as it passes under that point on the foot rather than watching the needle. Stitch slowly for the best control.

KNIFE-EDGE PILLOWS

The knife-edge pillow is probably the most versatile style for decorating your home. There are no limits to the variations you can create, not only in size, colour, and texture, but also in added details that give your pillow a personal touch. The directions that follow are for a knife-edge pillow that is 14" (35.5 cm) square. For your first knife-edge pillow, we recommend a firmly woven medium weight fabric.

Ready-made knife-edge pillow inserts come in a wide selection of sizes, including 12", 14", 16", 18", 20", 24", and 30" (30.5, 35.5, 40.5, 46, 51, 61, and 76 cm) squares and a 12" × 16" (30.5 × 40.5 cm) rectangle. By adapting these cutting instructions, you can sew a cover for any size pillow insert. You can also use these instructions to sew your own pillow inserts in any size you like, stuffing them to a plumpness that pleases you.

HOW TO SEW A KNIFE-EDGE PILLOW



1 Cut two 15" (38 cm) squares of fabric, aligning the sides to the fabric grainlines. A 1/2" (1.3 cm) seam allowance is needed on each side, so 1" (2.5 cm) is added to each dimension of the **desired finished size**.

MATERIALS

- 14" (35.5 cm) square pillow form • 1/2 yd. (0.5 m) of fabric

- Matching thread
- Hand-sewing needle

SKILLS

- Backstitch
- Set and press seams
- Sew perfect corners
- Slipstitch an opening closed by hand



DESIRED FINISHED SIZE. To make a knife-edge pillow of a different size, simply cut your fabric 1" (2.5 cm) larger in both directions than the desired finished size of your pillow. Cut 17" (43 cm) squares for a 16" (40.5 cm) pillow; cut 13" × 19" (33 × 48.5 cm) rectangles for a 12" × 18" (30.5 × 46 cm) pillow.



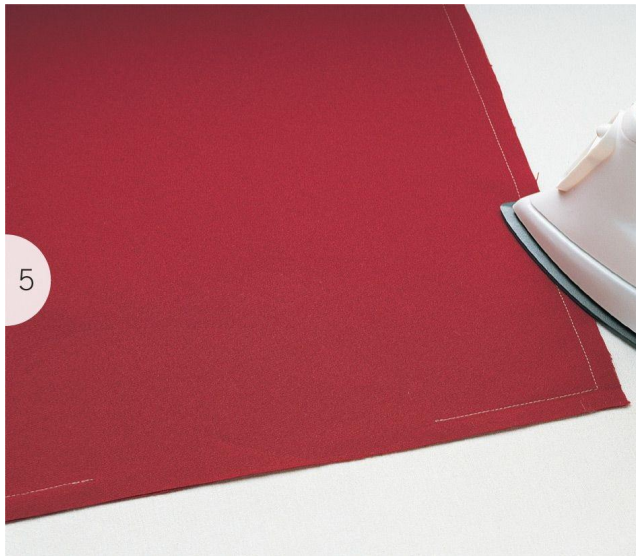
2 Place the pillow front over the pillow back, right sides together, and align all four edges. Pin the layers together near the outer edges, **inserting the pins perpendicular to the edges**. In the centre of one side, leave a 7" (18 cm) opening unpinned.



3 Place the fabric under the presser foot, just ahead of the opening. Align the cut edges of the fabric to the 1/2" (1.3 cm) seam allowance guide on the bed of your machine. Remove the pin that marks the opening, before lowering the presser foot.



4 Backstitch three or four stitches; stop. Then, stitching forward, stitch the seam on all four sides, pivoting with the needle down at the corners. End the seam at the opposite side of the opening; backstitch three or four stitches.



5 Remove the fabric from the machine. Trim the threads close to the fabric. Press the seams flat to set the stitching line in the fabric. This may seem unnecessary, but it really does give you a better-looking seam in the end.



TIP Most machines have a handy thread cutter located within a few inches (centimetres) of the presser foot. By using this thread cutter, you are also pulling enough thread through the needle and up from the bobbin to help you prevent a thread jam at the start of your next seam.



6 Turn back the top seam allowance, and press, applying light pressure with tip of the iron down the crease of the seam. In the area of the opening, turn back and press the top seam allowance 1/2" (1.3 cm).



7 Turn the cover over; turn back and press the remaining opening seam allowance.

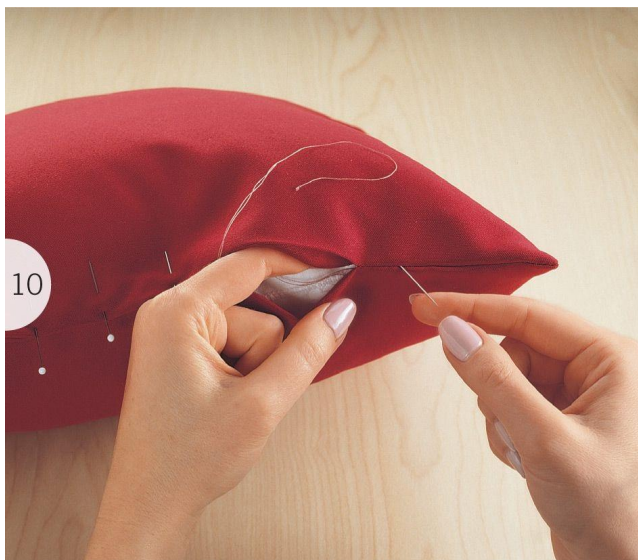


8 To turn a **perfect corner**, fold in the seam allowances from one edge, and then fold in the seam allowances from the adjacent edge over them. Slip four fingers

through the pillow opening and pinch the folded corner between your thumb and one finger. Turn that corner through the opening. Repeat with the other three corners. Your pillow cover has now been turned right side out.

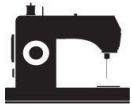


9 Compress and insert the pillow form. Align the pressed edges of the opening, and pin the opening closed. Thread a hand needle and tie a knot in the end.



10 Slipstitch the opening closed.

PERFECT CORNER. The corners of your pillow should be sharply squared, not rounded. To improve the appearance of a slightly rounded corner, you can push a pointed utensil into the corner from inside the pillow cover to force the stitches out to the corner. An inexpensive specialty tool, called a point turner, works well; or you can use a chop stick, a ballpoint pen with the ink ball retracted, or something similar. Use light pressure, though, so that you don't punch a hole in the corner.



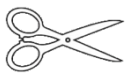
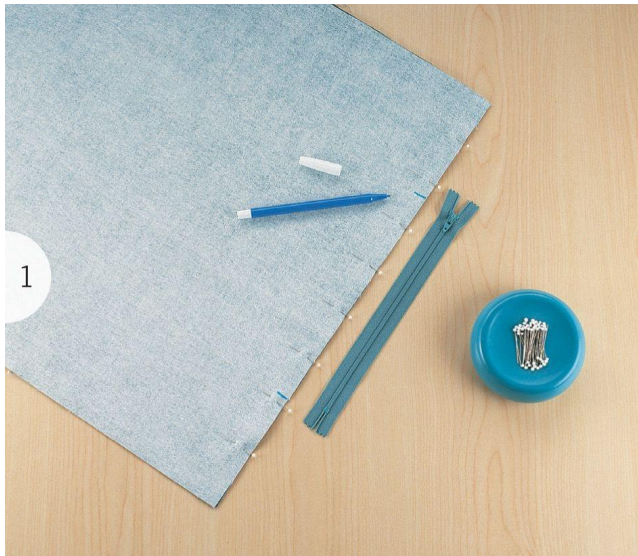
ZIPPER CLOSURES

Pillows that get tossed around, leaned upon, and slid across the floor need occasional cleaning. A zipper closure sewn into a seam makes it much easier to remove and reinsert the pillow form. Any knife-edge pillow can be made with a zipper closure. Cut the fabric and prepare the pillow front and back according to the directions in the project. Then follow these directions to complete the pillow.

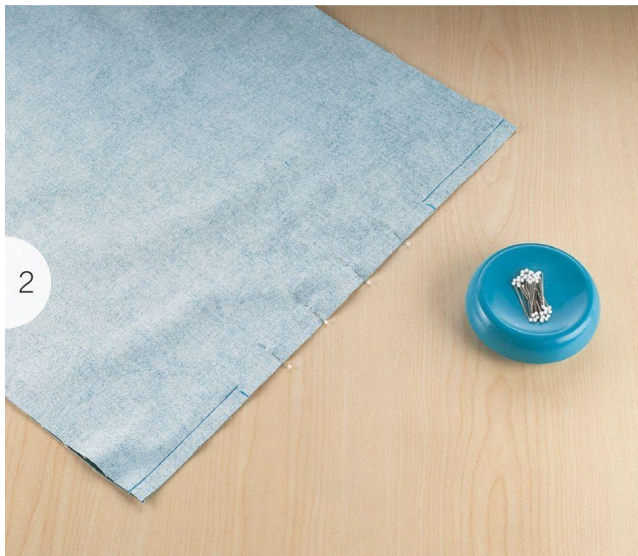
Purchase a conventional polyester coil zipper (not a separating style) to match your fabric, in the size indicated in the chart below.

HOW TO SEW A ZIPPER CLOSURE

1 Place the pillow front over the pillow back, right sides together. Pin the side that will have the zipper. Centre the zipper alongside the pinned edges and mark the seam allowances just above and below the zipper stops.



TIP For best results, select a side that was cut on the lengthwise grain of the fabric. The lengthwise grain is more stable and will have less tendency to stretch as you sew.



2 Stitch a 1/2" (1.3 cm) seam from the upper edge to the mark, backstitching at the beginning and the end. Repeat at the lower edge. Leave the centre section open.

ZIPPER

7" (18 cm)

9" (23 cm) 12" (30.5 cm)

PILLOW

12" to 14" (30.5 to 35.5 cm) 16" to 18" (40.5 to 46 cm) 20" (51 cm) or larger



3 Machine-baste on the seamline between the marks. Clip the basting stitches every 2" (5 cm) with a seam ripper. This will make the stitches easier to remove later



4 Press the seam flat; then press the seam allowances open. Finish the seam allowances with a zigzag stitch.



TIP *If your fabric is loosely woven or tends to ravel easily, repeated washings could make the seam allowances ravel away and ruin your pillow. As a preventative measure, take the time to finish all of the seam allowances.*



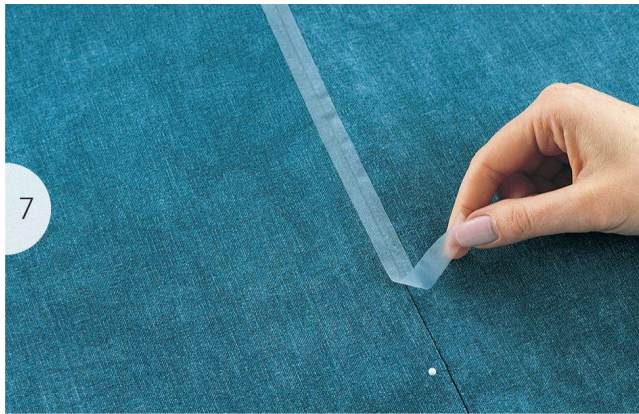
5 Apply basting tape to the right side of the zipper tape, running it along both outer edges.



6 Place the zipper facedown over the seam, with the zipper coil directly over the basted part of the seamline and the pull tab turned down. The zipper coil should be centred between the backstitched areas. Press with your fingers to secure the zipper to the seam allowances.

MACHINE-BASTE. Set the machine for the longest straight stitch possible. This stitching is temporary and will be easily removed later.





7 Spread the pillow pieces flat, right side up. Insert pins in the seamline, just above and below the zipper stops. Cut 1/2" (1.3 cm) transparent tape to fit between the pins; place it down the center of the seamline.



8 Attach the zipper foot and adjust it to the left of the needle. If your zipper foot is not adjustable, adjust the needle to the right of the foot. Stitch along the outer edge of the tape, stitching across one end, down one side, and across the other end; pivot at the corners.



9 Adjust the zipper foot to the right of the needle or adjust your needle to the left of the foot. Stitch over the previous stitches at one end, down the opposite side, and over the stitches at the other end. Clip the threads.



10 Remove the tape. Carefully remove the machine basting in the seamline, using a seam ripper.

11 Open the zipper. Pin the pillow front and back, right sides together, along the three remaining sides. Stitch 1/2" (1.3 cm) seam; press. Turn the pillow cover right side out and insert the pillow form through the zipper opening.

T-SHIRTS

T-shirts are classic and versatile; it seems you can never have too many. As you become more experienced, you'll be surprised how quickly you are able to make them. The fun begins in selecting your knit fabric from the array of stripes, prints, and colorful solids available.

To help you decide which pattern to buy, note the way the t-shirts fit the models or sketches on the pattern envelope front. Some patterns are designed for an oversized look, others are meant to fit your body more closely. Your pattern should have four pieces: front, back, sleeve, and neck ribbing. Some may also have a piece for sleeve ribbing.

The fit of the T-shirt will vary with the fabric's degree of stretch. T-shirt patterns, designed for knits only, indicate the amount of stretch required of the fabric. For instance, "25% stretch crosswise" would indicate that 4" (10 cm) of fabric will stretch on the crosswise grain an

additional 1" (2.5 cm). Always test the degree of stretch in the fabric, especially if you are making a close-fitting T- shirt.

MATERIALS

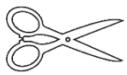
- T-shirt pattern (designed for stretch knits)
- Knit fabric (check pattern for amount)
- Scraps of fusible knit interfacing
- Ribbing (check pattern for amount)
- Matching all-purpose thread

SKILLS

- Sew with knit fabric
- Sew in sleeves
- Apply ribbing to a neckline

HOW TO SEW A T-SHIRT

1 Prepare the fabric; however, don't wash the ribbing, as the raw edges are likely to stretch out of shape. T-shirts are easiest to sew using 1/4" (6 mm) seam allowances. If your pattern pieces have 5/8" (1.5 cm) seam allowances, trim them down to 1/4" (6 mm) before laying out the pattern. Lay out the pattern and cut the fabric. Transfer any necessary marks. Insert a ballpoint sewing machine needle; size 11/70 or 12/80 is suitable for most knits. Cut two 1/2" (1.3 cm) strips of fusible interfacing the length of the shoulder seam. Place a strip even with the cut edge of each back shoulder, on the wrong side of the fabric. Fuse the strips in place, following the manufacturer's directions. This is done to **stabilise the shoulder seams**.



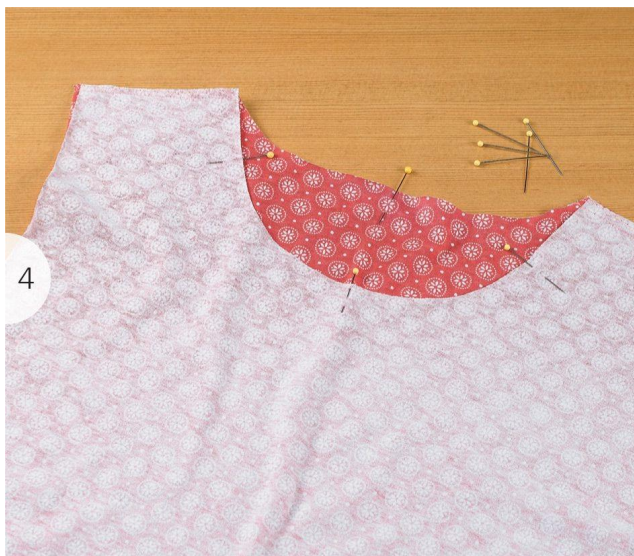
TIP The interfacing bolt is wrapped with a long sheet of plastic on which the directions are printed. Have the store clerk cut off a section of the directions for you to take home.



2 Place the T-shirt front over the back, right sides together, aligning the shoulder seam allowance edges. Pin, inserting the pins perpendicular to the edges. Stitch the front and back T-shirt sections together at the shoulder seams, using a 1/4" (6 mm) seam allowance; backstitch a few stitches at each edge. Since the shoulder seams are stabilized, a straight stitch is appropriate here.



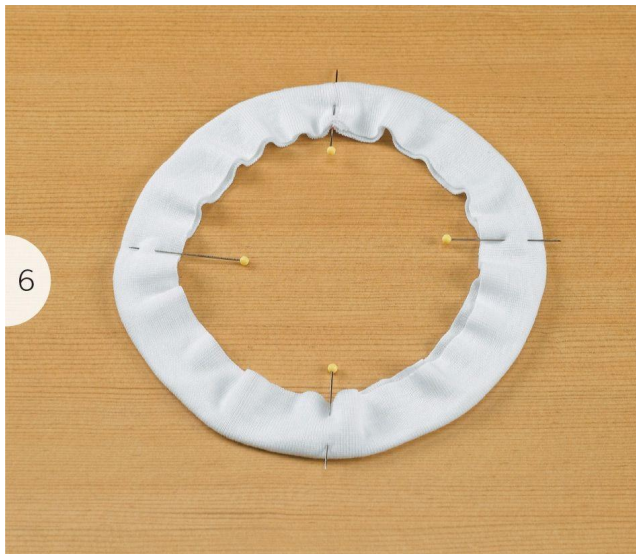
3 Add a second row of machine stitching (either a straight stitch or a narrow zigzag) next to the first row, within the seam allowance. Press the shoulder seam allowances toward the shirt back.



4 Mark the center front and center back of the neckline with pins. Then bring the two centers together and mark the points halfway between with pins. (these marks should be slightly ahead of the shoulder seams.) The neckline is now divided into fourths.

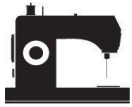


5 Sew the short ends of the **ribbing, right sides together**, forming a circle. Use 1/4" (6 mm) seam allowance and sew with a short straight stitch. Press the seam open with your fingers. Avoid pressing ribbing with an iron, as this may destroy its elasticity.



6 Fold the ribbing in half, lengthwise, with the raw edges even and the seam allowances on the inside. Divide the ribbing into fourths, as you did the neckline. Mark these sections with pins.

STABILISE THE SHOULDER SEAMS. Shoulder seams follow the crosswise grain, the direction in which knit fabrics stretch the most. However, it is not desirable or necessary to have shoulder seams that stretch. Narrow strips of fusible interfacing help the seams keep their intended length. You'll also find that this makes sewing in the stretchy direction much easier.



RIBBING, RIGHT SIDES TOGETHER. Sometimes knit fabrics and ribbings do not have a right or wrong side. To test, gently stretch the raw edge on the crosswise grain of the ribbing. If the edge curls to one side, that side is the right side of the fabric. If it doesn't curl to either side, either side can be used on the outside.



7 Pin the ribbing to the right side of the neckline, aligning the ribbing seam to the center back pin mark; match up the remaining pin marks.



8 Place the fabric under the presser foot, with the ribbing facing up. Stitch with a narrow zigzag or stretch stitch, keeping the raw edges even and stretching the ribbing evenly to fit each section between pins. Remove the pins as you come to them.



9 Stitch again next to the first row, using a narrow, medium-length zigzag stitch. Gently press the ribbing toward the shirt, being careful not to stretch the ribbing.

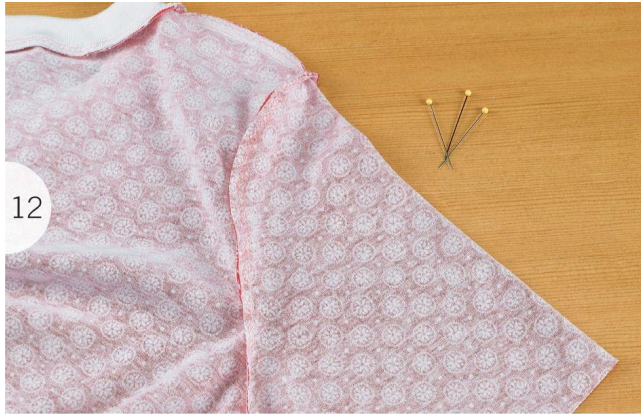


10 Make sure you have marked the top of the sleeve and any other notches on the sleeve and shirt as indicated on the pattern pieces. With right sides together,

pin the sleeve to the armhole of the shirt, matching the top dot or notch to the shoulder seam, and aligning any other notches. Pin frequently, easing in any extra sleeve fullness.



11 Stitch the armhole seam, using a narrow, medium-length zigzag stitch; remove the pins as you come to them. Stitch again next to the first row, within the seam allowance.



12 Repeat steps 10 and 11 for the other sleeve. Press the seams toward the sleeves. With the right sides together, pin the shirt front to the shirt back along the sides and sleeves, matching the underarm seams.



13 Stitch and finish the seams in the same manner as for the sleeve seams, beginning at the lower edge of the shirt and sewing continuously to the lower edge of the sleeve. Press the seams toward the back.



TIP You can press the side seams, simply by slipping the shirt over the end of the ironing board. Insert a seam roll or sleeve board into the sleeve, so you can press the seam allowance to the side without pressing unwanted creases into the opposite side of the sleeve.



14 Turn under the lower **hem allowance**, as specified by your pattern. Stitch the hem by hand or by machine; select a method that will allow the hem to stretch, if necessary. Hem the lower edges of the sleeves in the same manner.

HEM ALLOWANCE. The pattern has allowed a predetermined extra length for turning under and finishing the sleeves and lower edge. This amount is indicated on your pattern.

The last few words

Sewing enthusiasts enjoy this time-honoured art for many reasons. Sewing your own clothes still gives you the advantage of personalised fit and individual expression. Home decorating items are popular projects for beginners and advanced sewers alike, partly because of the cost savings over purchased items. By sewing these items for the home, you also get to enjoy the creative fun of choosing styles, colours, and fabrics that fit your personality and taste. But perhaps the greatest reason that sewing is so enjoyable is the mere satisfaction felt in creating something from scratch with your own two hands. Whether you are making something for yourself, your home, or to give to someone else, the ultimate reward is the intangible delight and personal fulfilment gained in the process.

The projects are designed to guide you from your first nervous stitch at your sewing machine to comfortable familiarity. Each project will teach you new skills. Above all, enjoy the process. Give yourself the opportunity to be creative, and express yourself through the things you sew.

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