

A PALMER/PLETSCH BOOK FOR CHILDREN



My First Machine Sewing Book

**STRAIGHT
STITCHING**

by Winky Cherry

SECOND EDITION

FOR AGES 7 AND UP

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to Use Your

Sewing

Machine



A Letter to Parents, Teachers and Grown-ups

Learning to sew on a machine is like learning to play the piano, drive a car, ride a bike, or use a lawn mower. Accepting responsibility for your own actions is part of this learning process. Control and skill come with practice. The paper practice pages give the student an opportunity to learn to control the machine. They emphasize the importance of retaining and recalling information, and gaining skill before using THREAD. This book is the fourth level in **The Winky Cherry System of Teaching Young Children to Sew™**. It builds on skills learned in



earlier levels. Children are asked to recall hand sewing skills learned in *My First Sewing Book* to finish the star project in this book. (More information about the program and other books is at www.palmerpletsch.com)

All machines have the same basic parts. However, machine parts do not look the same on every machine. A Machine Guide Book is necessary to explain how your machine works. If you no longer have the guide book for your machine, your machine dealer can order one for you. Or you can find it on the Internet.

My First Machine Sewing Book introduces the sewing machine as a tool and follows one project, a star, from start to finish. In the process, the student learns the concepts of a seam allowance, tapering, snips, clips, stitching right sides together, and turning the project right side out. Grown-ups can take shortcuts to help young children by threading the machine for the child. This frees the child to concentrate on understanding the controls of the machine and to focus on learning to operate the machine safely. Teachers can pace the learning experience at the child's level. For example, try introducing the practice papers at the first one-hour class and continuing to make the star at a second class.

If a child needs more time, break the project into even smaller segments. Limit first projects to 100% cotton fabric and make several different shapes using the same directions before using slippery satin, wiggly knits, or fuzzy fabric. Make more than one star in different colors. Repetition teaches skill, builds confidence, and gives beginners the satisfaction of being able to remember the process without referring to the book. Plus—all those stars make great decorations during the holidays!

Winky Cherry
Winky Cherry

Second Edition copyright © 2011 by Palmer/Pletsch Publishing

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Fifth printing May 2011

Illustrations by Kate Pryka, Jeannette Schilling, and Linda Wisner

Library of Congress Control Number: TBD

Published by Palmer/Pletsch Publishing, 1801 NW Upshur Street, Suite 100, Portland, OR 97209

www.palmerpletsch.com

Printed in the USA

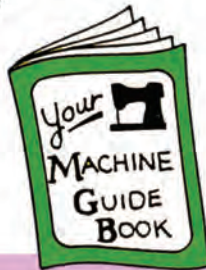
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ISBN 978-0-935278-88-0

PARTS OF A SEWING MACHINE

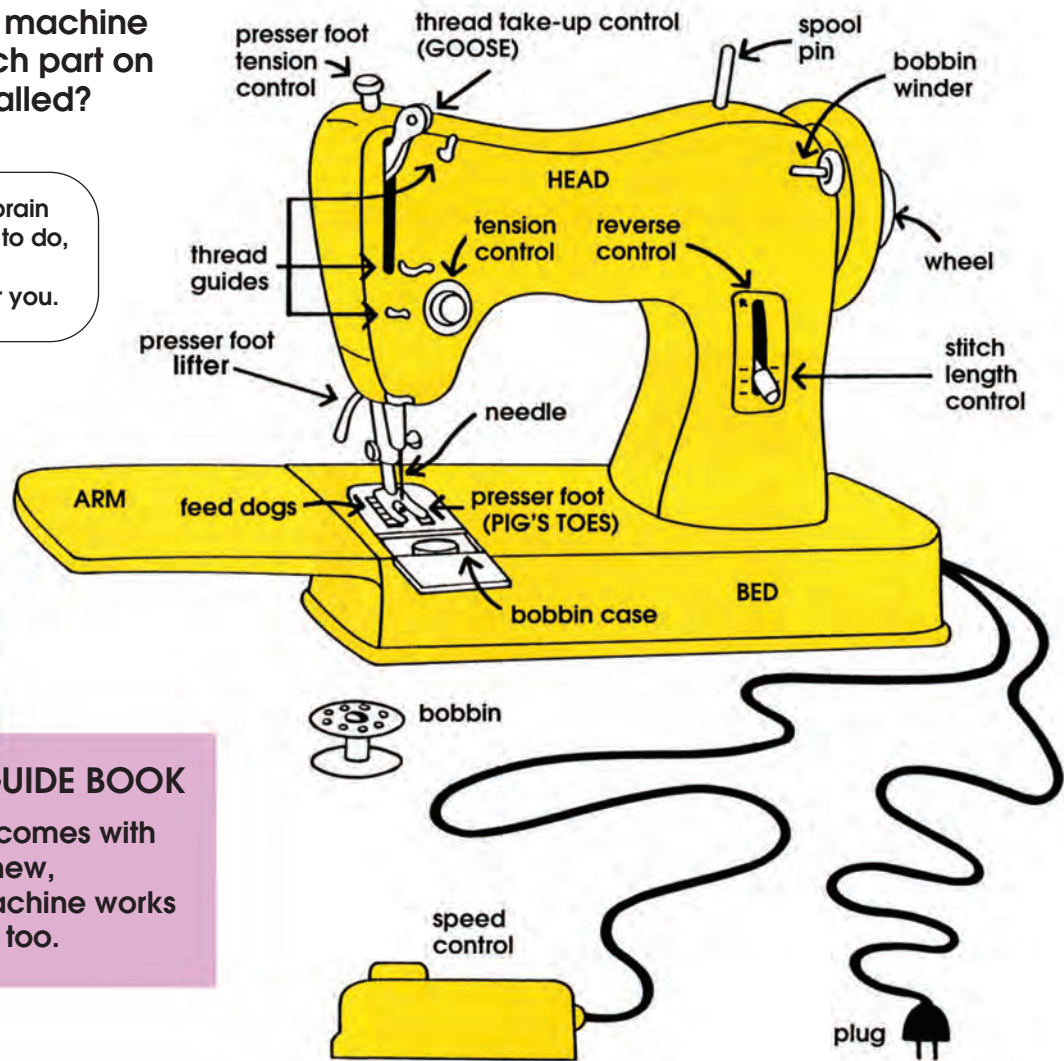
You can learn to sew on a machine that is old or new. Find each part on your machine. What is it called?

Machines don't think. Use your brain to tell your hands and feet what to do, to change **CONTROLS** and make the machine work for you.



USE YOUR MACHINE GUIDE BOOK

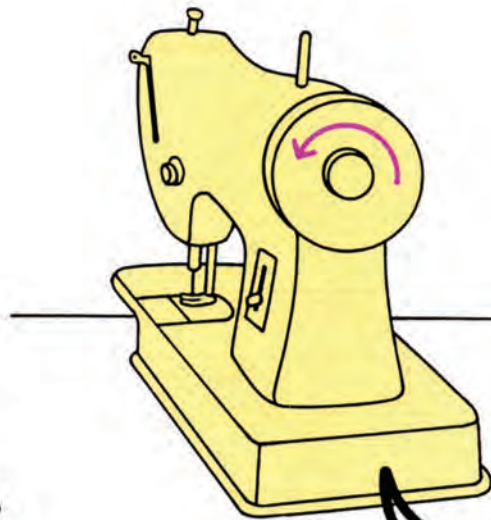
A MACHINE GUIDE BOOK comes with each machine when it is new, and tells you how your machine works and how to take care of it too.



A SEWING MACHINE IS A TOOL

Learning to use a tool or do anything new takes practice to be good at it.

Learning to use a sewing machine is like learning to drive a car or fly an airplane. Learn how a machine works and how to make it work for you.



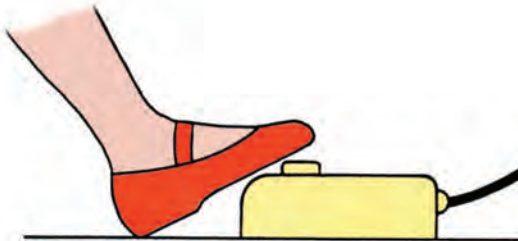
WHEEL

TURN THE WHEEL IN ONE DIRECTION ONLY.

To make one stitch at a time, WALK THE NEEDLE by turning the WHEEL with your hand. The SPEED CONTROL also makes the WHEEL turn. The WHEEL moves the NEEDLE up and down to make a stitch. Try turning the WHEEL toward you by hand.



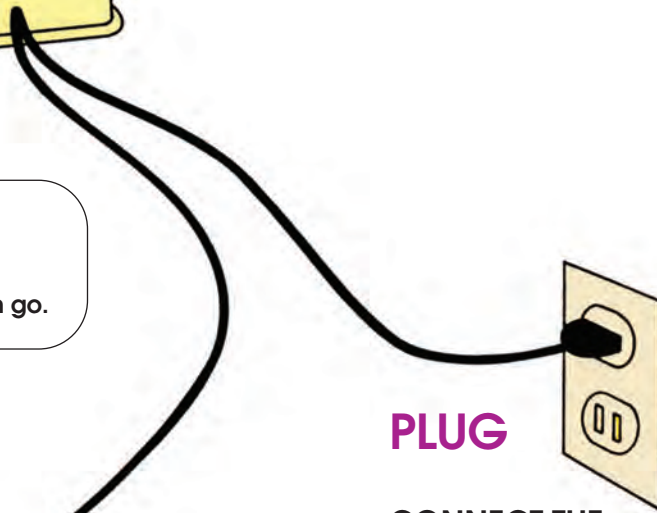
If you push hard the machine goes fast.
Push gently and it will go slow.
Some machines have a slow/fast SWITCH
on a SPEED CONTROL, to limit how fast it can go.



SPEED CONTROL

YOU CONTROL THE SPEED OF THE MACHINE.
USE YOUR HEAD TO TELL YOUR FOOT WHAT TO DO.

A foot PEDAL, TREADLE, a knee LEVER, or a hand CRANK CONTROLS how fast or slow the machine will go. PEDALS, TREADLES, LEVERS and CRANKS don't move by themselves. You move the SPEED CONTROL to make the machine sew.



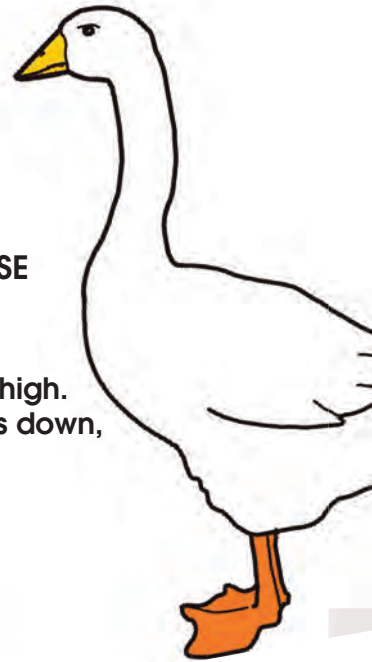
PLUG

CONNECT THE
POWER SUPPLY.

The first thing you do is plug the machine in and turn it on. Turn the machine off, and unplug it when you are through.

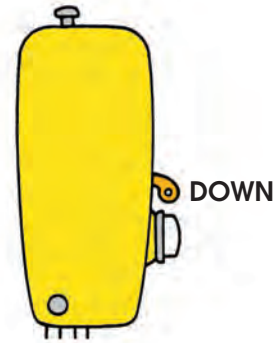
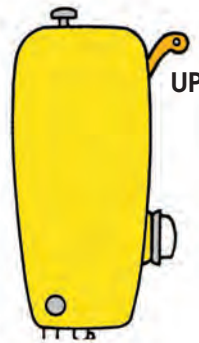
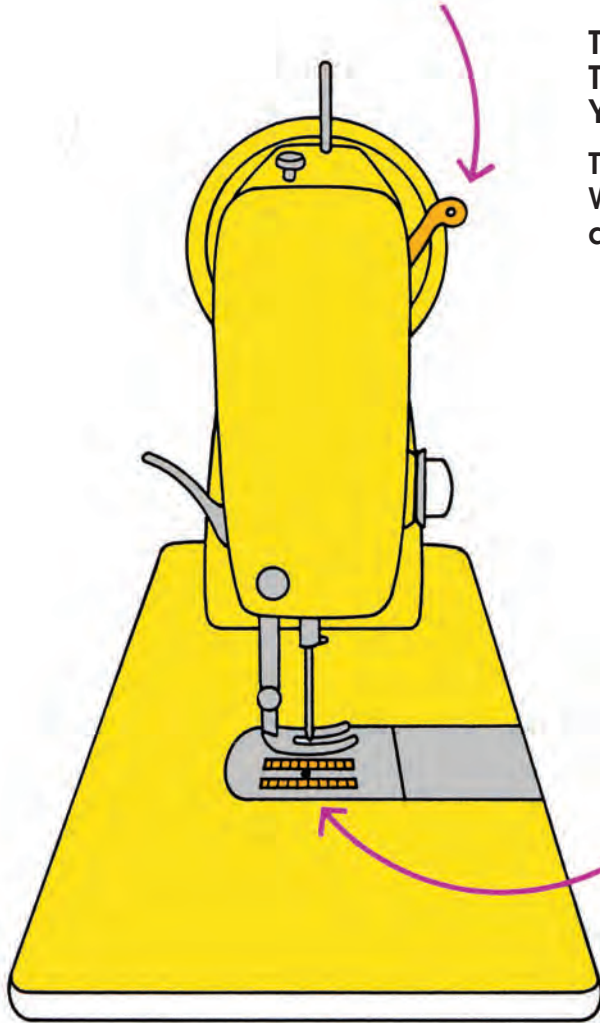
THREAD TAKE-UP/GOOSE

Call the **THREAD TAKE-UP** the **GOOSE**. The **THREAD** goes through the goose's eye. To make stitches, the **GOOSE** carries the **THREAD** up and down.



TURN THE WHEEL TO BRING THE GOOSE TO ITS HIGHEST POSITION WHEN YOU STOP STITCHING.

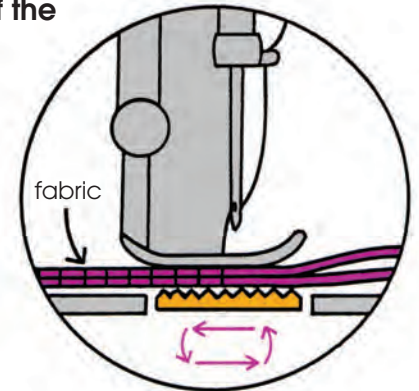
Turn the **WHEEL** to move the **GOOSE** up high. When the **GOOSE** is down, the **NEEDLE** is down, and the **THREAD** will not **PULL FREELY**.



FEED DOGS

LET THE FEED DOGS MOVE THE FABRIC.

The **FEED DOGS** have teeth that won't bite you. Guide the fabric in front of the presser foot so the needle goes in the stitching line. Then feed dogs grab the fabric and move it the rest of the way.



The **FEED DOGS'** teeth grab the fabric and move it away from you when you sew. You guide the fabric to the **NEEDLE** where you want the stitches to go.

Use the machine **WITHOUT THREAD** to stitch on lines, making holes in paper for practice and fun! Then learn about **THREAD** when you are done.

PRACTICE PAPER 1
STITCH ON STRAIGHT LINES



PRACTICE PAPER 2
MAKE BIG AND LITTLE STITCHES



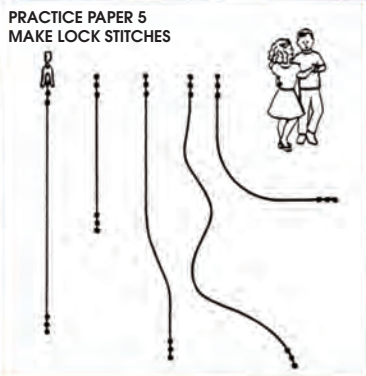
PRACTICE PAPER 3
STITCH CURVED LINES



PRACTICE PAPER 4
TURN CORNERS



PRACTICE PAPER 5
MAKE LOCK STITCHES



PRACTICE PAPER 6
STITCH A CURVED-LINE SHAPE



PRACTICE PAPER 7
STITCH A STRAIGHT-LINE SHAPE



Remember all you learned on Paper 1 when you do Paper 2. Practice what you've learned on each new page until you know what to do.

If you want to practice more than once, make copies of each practice page.

PRACTICE PAPER 3 STITCH CURVED LINES



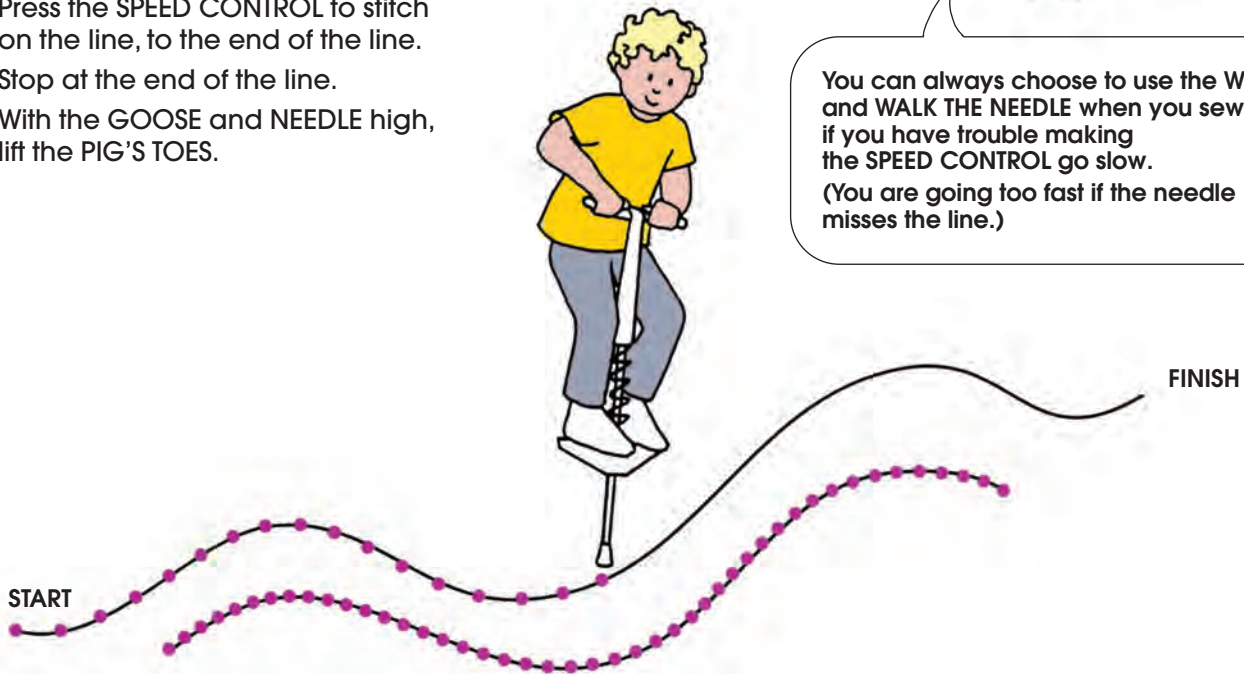
Pretend you are on a pogo stick making a PATH in the snow. Guide the line to the NEEDLE by moving the paper. Use the WHEEL or the SPEED CONTROL to go slowly.

1. Choose and SET a different STITCH LENGTH for each line.
2. PLANT the NEEDLE at the beginning of the line.
3. Lower the PIG'S TOES.
4. Press the SPEED CONTROL to stitch on the line, to the end of the line.
5. Stop at the end of the line.
6. With the GOOSE and NEEDLE high, lift the PIG'S TOES.

On CURVED lines, are big or little stitches easier to use? If you don't remember page 12 tells you.



You can always choose to use the WHEEL and WALK THE NEEDLE when you sew, if you have trouble making the SPEED CONTROL go slow. (You are going too fast if the needle misses the line.)



THREAD YOUR MACHINE

FOLLOW THE PATH FROM THE SPOOL PIN THROUGH THREAD GUIDES TO THE NEEDLE'S EYE.

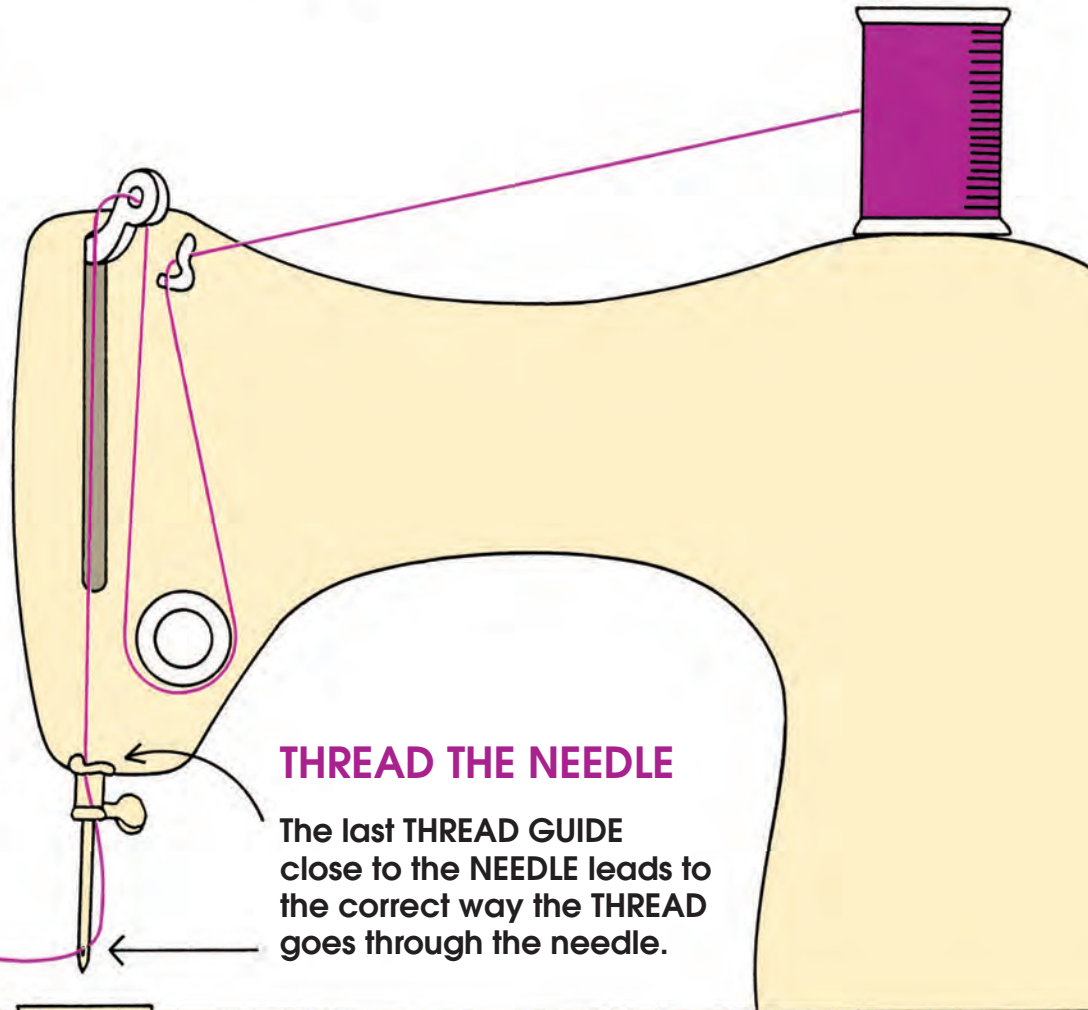
Your **MACHINE GUIDE BOOK** shows you how to **THREAD** your machine. Do that now.



Which way does the **THREAD** go? If the **THREAD** does not follow the right path, the machine will not sew.



Right to left, left to right or front to back... Which way through does the thread go? Look in your **MACHINE GUIDE BOOK** so you know!

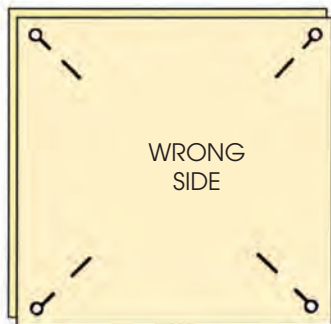


THREAD THE NEEDLE

The last **THREAD GUIDE** close to the **NEEDLE** leads to the correct way the **THREAD** goes through the needle.

PLACE RIGHT SIDES TOGETHER

USE PINS TO HOLD THE TWO PIECES TOGETHER.



Edges matching when attaching.



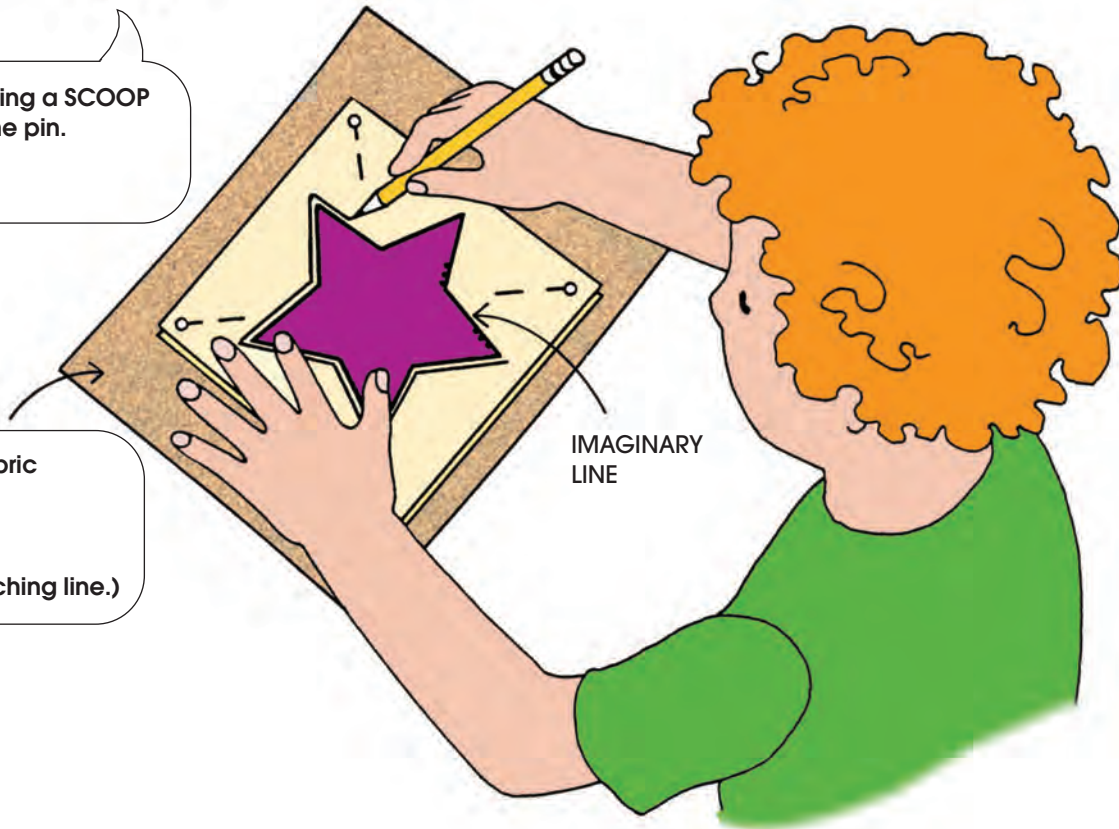
Poke down and up, making a SCOOP through the fabric with the pin. Place pins HEADS OUT and POINTS IN.

SANDPAPER under the fabric holds it in place, when you use a pencil to trace. (You are drawing the stitching line.)



TRACE THE PATTERN ONTO THE FABRIC

Leave one straight side without a stitching line for turning the STAR RIGHT SIDE OUT and stuffing in that place. An IMAGINARY LINE makes the STAR whole using that space.



SNIP INSIDE CORNERS

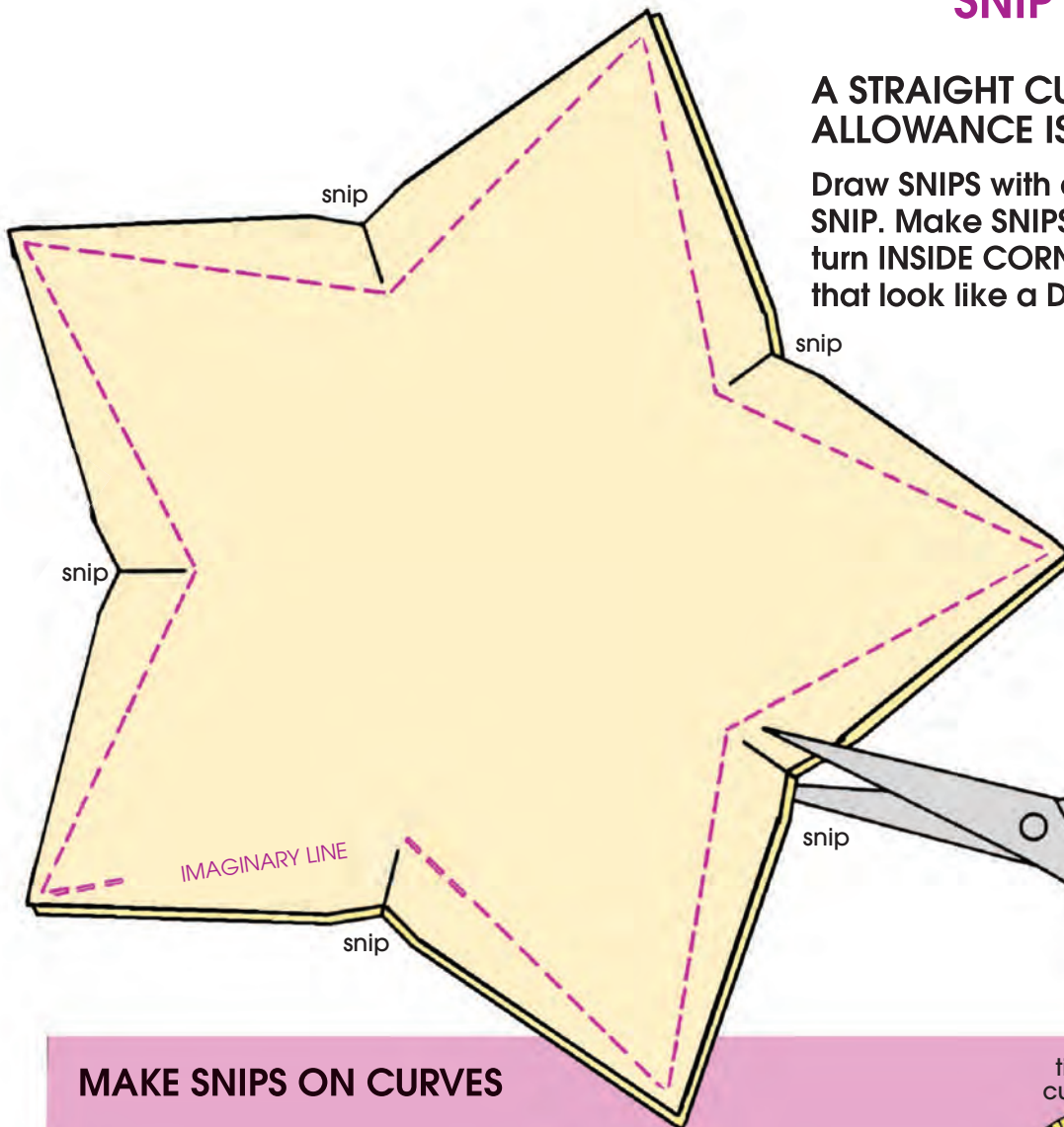
A STRAIGHT CUT INTO THE SEAM ALLOWANCE IS CALLED A SNIP.

Draw SNIPS with a pencil before you SNIP. Make SNIPS where stitches turn **INSIDE CORNERS** that look like a DIP.



Snip to, but not through, the line of stitches.

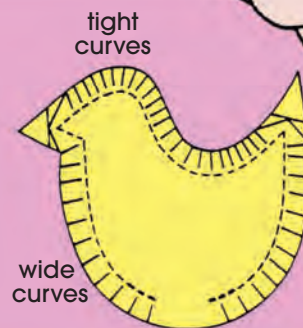
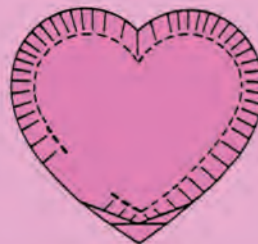
SNIPS make STITCHES THAT TURN **INSIDE CORNERS** flexible and free, and let the **STAR** be the shape you expect to see.



MAKE SNIPS ON CURVES

DRAW AND CUT SNIPS ON CURVED STITCHING LINES ON OTHER SHAPES YOU MAKE

Make SNIPS on **CURVED SEAMS** when you make a bird, a doll, or a heart. Make SNIPS close together on **TIGHT CURVES**. On **WIDE CURVES** make SNIPS far apart.



FOLD THE EDGES IN AND HOLD TOGETHER WITH A PIN

Fold the two open edges **INSIDE** the STAR on the **IMAGINARY LINE**, and **PUT IN A PIN**. THE PIN HOLDS THE FOLDED EDGES TOGETHER.

IMAGINARY LINE

It takes practice to use a pin. **SCOOP** through 4 pieces of fabric when you put in the pin.



Edges matching when attaching.

CLOSE THE HOLE WITH HAND STITCHES

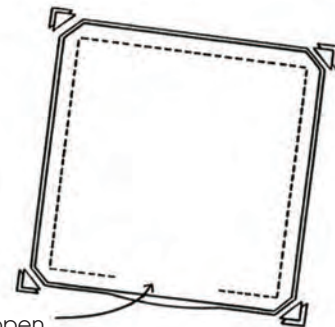
Get a **NEEDLE** and **THREAD** ready to sew. Hide the knot and remember to **LOCK STITCH**. Use the **OVERSTITCH** that *My First Sewing Book* taught you to do.

MORE WAYS TO USE YOUR SEWING MACHINE

MACHINE STITCH A BACK ON YOUR NAME SAMPLER TO MAKE A PILLOW.



Make pillows by sewing backs onto name samplers you made in *My First Embroidery Book*, or onto other embroidery projects. Cut a square or rectangle of fabric the same size as your embroidery project. Place the embroidery project and the pillow back FACE TO FACE. Pin, then machine stitch $\frac{1}{4}$ " in from the cut edges. Taper corner points, turn right side out, stuff, and overstitch the hole by hand, following the directions on page 38 in this book.



Leave open for turning.

USE YOUR SEWING MACHINE TO MAKE A DOLL.

Make a doll from the pattern in *My First Doll Book*. (Enlarging the doll pattern on a copy machine makes the doll easier to sew.) Use the sewing machine to stitch around it, $\frac{1}{8}$ " in from the cut edges. SNIP into the seam allowance at the DIPS and the CURVES. (See page 35.) Turn right side out, stuff, and overstitch the hole by hand. Finish your doll with an embroidered face and yarn hair. Doll clothing can be made on a sewing machine too!



MAKE A SAMPLER OF MACHINE STITCHES.



SOME SEWING MACHINES MAKE MORE THAN ONE STITCH AND HAVE MORE CONTROLS. LEARN TO USE EACH STITCH YOUR MACHINE CAN MAKE.

My First Embroidery Book taught you to make rows of sample stitches by hand. You can make sample rows of stitches on your sewing machine too. Read your **MACHINE GUIDE BOOK** to set the **CONTROLS** on your machine, to learn and practice each stitch it can do.



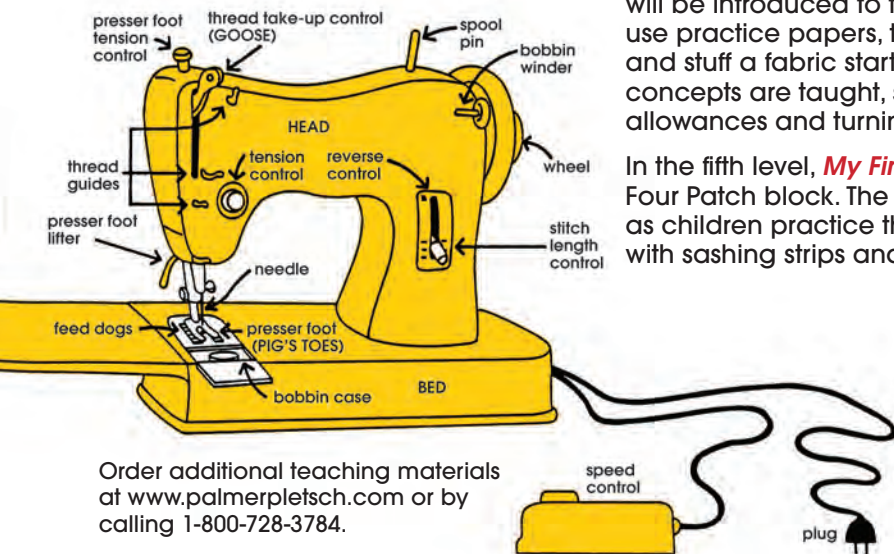
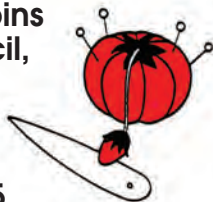
STITCH WIDTH CONTROL

Does your machine have a **STITCH WIDTH CONTROL** and a **NEEDLE PLATE** with a **NEEDLE HOLE** that is wide? Straight stitches are **NARROW**.

To make **WIDE STITCHES**, the **NEEDLE** moves from side to side.

✔ THINGS YOU WILL USE

- Practice papers (included in kit)
- 100% cotton woven fabric
- Poster board and fine sandpaper
- Thread 2 colors
- Pincushion with needles and straight pins
- Scissors, pencil, and marker
- Point turner
- 12" ruler
- Sandpaper #5
- Polyester fiberfill
- A sewing machine and your Machine Guide Book



Order additional teaching materials at www.palmerpletsch.com or by calling 1-800-728-3784.

My First Machine Sewing Book

was created by author Winky Cherry as the fourth book in **The Winky Cherry System of Teaching Young Children to Sew™**

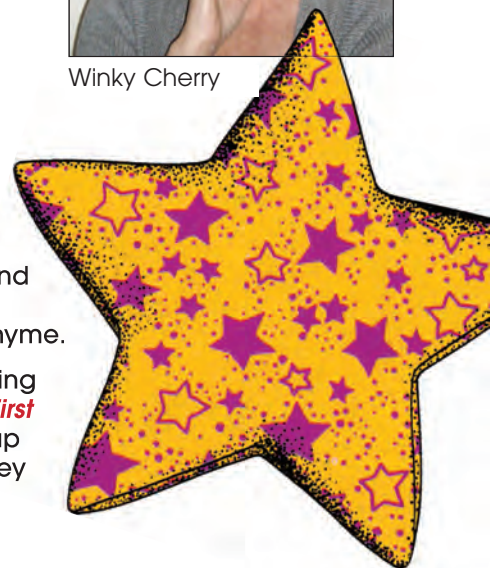
series. This unique program provides an effective way to teach children not only sewing skills, but life skills and to have fun doing it! In the first level, **My First Sewing Book**, children learn the basics of sewing while hand sewing felt shapes as they learn to choose, measure, cut, thread a needle, make a knot, stitch, lock stitch, and follow directions with rhyme, repetition, and FUN. In the second level, **My First Embroidery Book**, basic embroidery skills are taught as the child makes a name sampler. In the third level, **My First Doll Book**, skills are combined as children hand sew a felt doll, embroider a face, add yarn hair and make doll clothes. In these three books, easy-to-follow directions are written in rhyme.

After children have mastered hand sewing skills, they move to this fourth level, **My First Machine Sewing Book**. Children 7 and up will be introduced to the machine as they use practice papers, then sew, cut out, and stuff a fabric star. Basic sewing concepts are taught, such as seam allowances and turning right side out.

In the fifth level, **My First Patchwork Book**, children learn to make a Four Patch block. The sixth level, **My First Quilt Book**, uses a quilt plan as children practice their sewing machine skills to make a pieced quilt with sashing strips and square blocks.



Winky Cherry



A *Palmer Pletsch* PUBLICATION

SEWING/CRAFT/CHILDREN
\$16.95 (Higher outside USA)

ISBN 978-0-935278-88-0



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