

Naaitechnieken

Sewing techniques

Index

Some info & tips before you get started.....	2
Essential sewing tools, bring those to every lesson:	2
Where to find fabrics and haberdashery:.....	2
Where to find sewing patterns:.....	2
Tips & tricks:	2
How to Measure Your Body	9
Measurement Chart	10
Improve your sewing skills in 4 easy steps.....	11
Step 1: Cut your patterns carefully.....	11
Step 2: Measure your seam allowances.....	11
Step 3: Press your fabric properly.	12
Step 4: Details make a difference.....	12
Understanding pattern markings	Fout! Bladwijzer niet gedefinieerd.
A guide to different fabrics	13
Invisible zipper	14
Secrets of Twin Needle Stitching	16

Some info & tips before you get started

Essential sewing tools, please make sure to bring those to every lesson:

- tape measure
- pins
- needles (for hand sewing)
- tailor's chalk or frixxion pen
- pencil
- eraser
- scissors for paper and for fabric
- seam ripper
- thread
- tracing paper or plastic (I like the see-through rubble bags you can buy at Action)

Where to find fabrics and haberdashery:

In Groningen and surroundings:

- The market on Tuesdays, Grote Markt and Vismarkt
- Zijlstra Stoffen, Koldingweg 27, Groningen
- De Kleermaker, Oude Boteringestraat 68, Groningen
- Stoffen Vonn, Pottenbakkersstraat 42, Assen
- Stoffenspektakel in Martiniplaza (check www.stoffenspektakel.nl for full calendar, it's a travelling market that visits Groningen twice a year)

Online:

- www.textielstad.nl
- www.stoffen.net

Where to find sewing patterns:

In English:

- <https://www.sewingpatterns.shop> (dutch website, sells patterns in several languages)
- www.burdastyle.com
- <https://www.moodfabrics.com/blog/free-sewing-patterns/>

In Dutch:

- in magazines such as Burda, Knipmode, Ottobre; for sale at bookstores
- www.naaipatronen.nl

Tips & tricks:

The internet is full of inspiration, tips, tricks and tutorials that can teach you every imaginable sewing technique.

Don't know how to do something? Check **Youtube** or **Pinterest**! Search terms in English work best.

Websites such as Knipmode.nl (in Dutch) and Burdastyle.com (English) provide lots of tutorials and (sometimes free) patterns



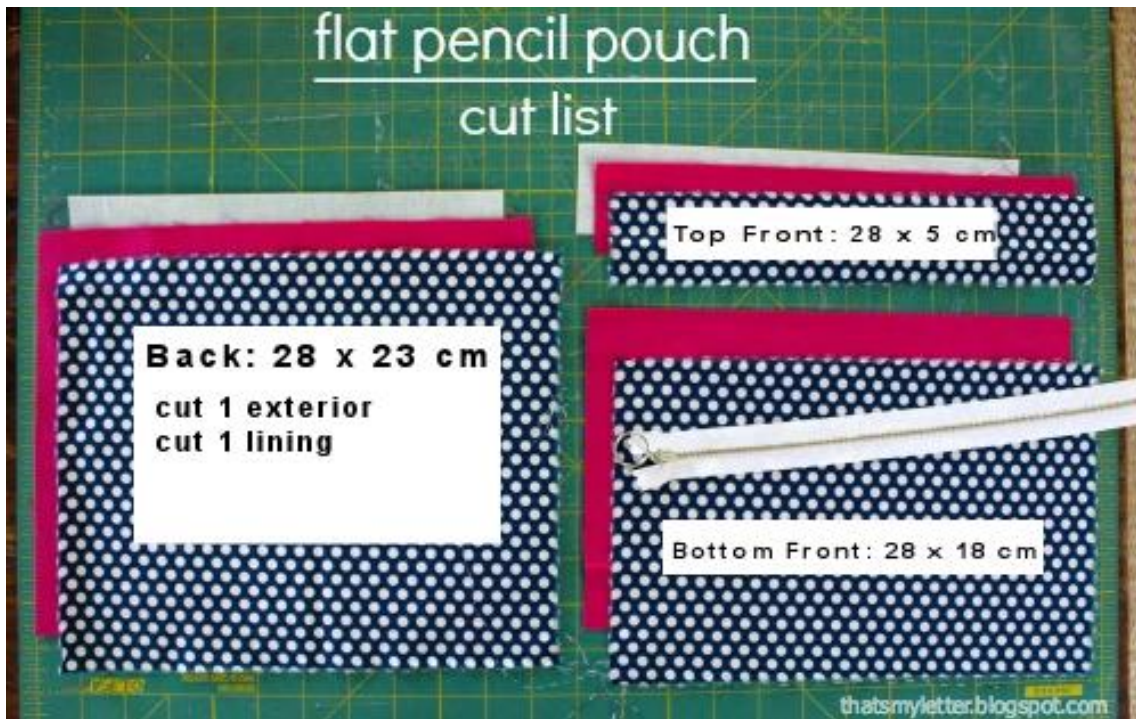
diy pencil pouch



How to sew a flat pencil pouch with zipper:

Supplies:

- exterior fabric
- lining fabric
- 25cm zipper (or longer)



Step 1: Cut fabric and lining pieces. One each for back, top front and bottom front, in exterior fabric and lining fabric. Tip: use different fabrics for exterior and lining.

Measurements:

back: 28cm wide, 23cm high

top front: 28cm wide, 5cm high

bottom front: 28cm wide, 18cm high



Step 2: Place bottom front right side up, place zipper face down flush at one side. Hand baste the zipper to bottom front. Place lining right side down over bottom front and zipper.

Sew zipper in place using zipper foot.



Press open lining and exterior away from zipper.

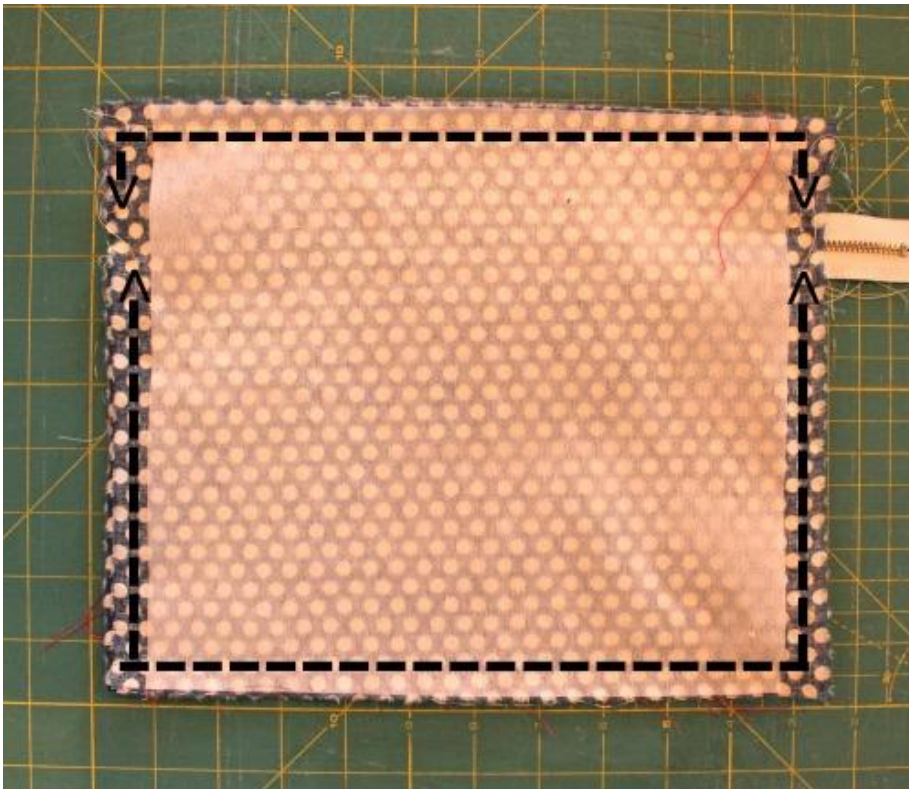


Step 3: Top stitch exterior and lining 0,5 cm from zipper.

Step 4: Repeat steps 2 - 4 for top front pieces and other side of zipper.



Step 5: Place exterior back right side down on top of finished front piece. ****Be sure zipper is at least half way open! ****



Sew back piece in place on all 4 sides, start at zipper and go around bottom stopping at other end of zipper. **Make sure outside fabric is sewn ONLY to outside fabric; not to lining fabric!**

Repeat for top portion. **DO NOT** sew over zipper portions yet.



Step 6: Repeat step 5 for lining pieces except leave a 15 cm opening in bottom.

Step 7: Now lay flat and sew zipper portions closed, *be careful going over the zipper teeth!*



Step 8: Clip corners and turn right side out through opening in lining.



Step 9: Top stitch lining shut.
Push lining down into pouch, press.

Congratulations, you have finished your zipper pouch!

How to Measure Your Body

How and Where to Measure Your Body for Sewing Patterns:

1. **Your height** – Stand straight, with your shoulders back, and measure your height from the top of your head down to the floor.

2. **Bust** – Measure the circumference of your body around the fullest part of your bust, taking care to keep the tape measure close to your body but not pulled too tightly.

3. **Waist** – Measure the circumference of your body at the narrowest part of your waist.

4. **Hips** – Measure the circumference of your body around the widest part of your hips/backside.

5. **Shoulder width** – Measure from the point where your neck meets your shoulder to the farthest point of your shoulder where it begins to curve down to your arm.

6. **Neck** – Measure the circumference of your neck.

7. **Back length** – Measure starting at the center of the base of your neck and stop at your waist (3) in the back.

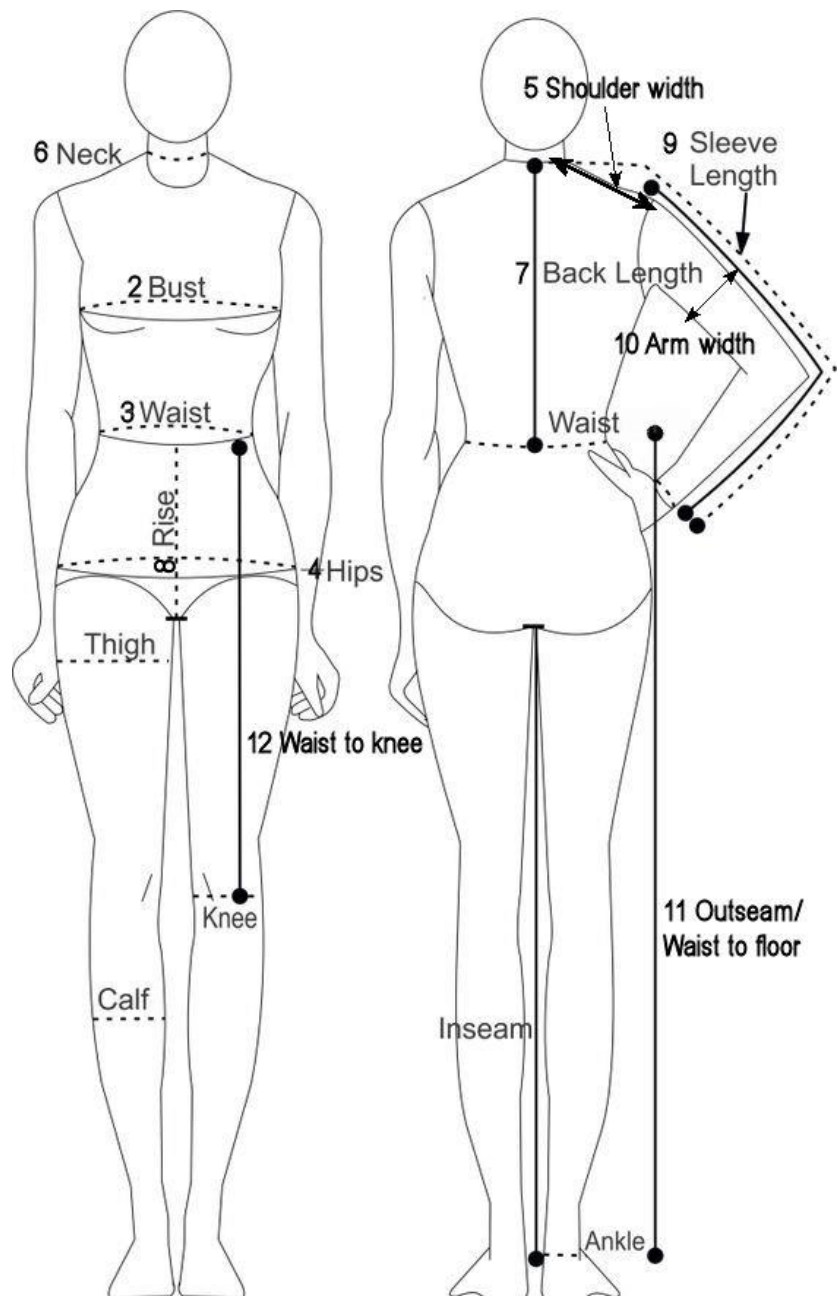
8. **Rise** – Measure from your waist to your crotch (necessary when making pants)

9. **Sleeve length** – Measure from the top of your arm at the shoulder to the wrist, with your arm slightly bent.

10. **Arm width** – Measure the circumference of your upper arm at the widest point.

11. **Outseam / Waist to floor** – Measure down, starting at your waist and going all the way to the floor.

12. **Waist to knee** – Measure down, starting at your waist and going all the way to the knee



Measurement Chart

Name:			Date:
1. your height			
2. bust			
3. waist			
4. hips			
5. shoulder width			
6. neck			
7. back length			
8. rise			
9. sleeve length			
10. arm width			
11. outseam / waist to floor			
12. waist to knee			

Improve your sewing skills in 4 easy steps

<http://thesewingloftblog.com/simple-steps-improve-sewing-skills/>

Step 1: Cut your patterns carefully.

- When you're sewing something that has pattern pieces to cut around, be sure you press the pattern paper itself so the wrinkles won't distort the shape of your cut fabric.
- Pay attention to fabric grain: if the pattern tells you to cut something on the grain, this means that you should line up that pattern piece in the direction of the warp thread that was used to weave that fabric. (A way to check for this is to gently tug on the fabric; generally the "on the grain" direction will stretch less than the other direction.)
- If your project calls for you to cut fabric in certain dimensions, be sure to measure twice before you cut. Make sure you make clean, even lines that are also aligned with the fabric grain.



Step 2: Measure your seam allowances.

- Don't just assume that any old seam allowance will work for every project – a slight miscalculation in your seams for one part of your project could mean that the entire finished product comes out the wrong size.
- Check the pattern directions and follow the seam allowance they specify, every time. Remember that the seam allowance may change for different parts of a project.
- If you're not sure how wide your seam allowance is going to be, try testing it on a scrap piece of fabric and then mark that position on your presser foot or sewing machine so that you can be sure to line it up properly every time.
- Trim down your seam allowances after sewing, and make sure to clip around corners and curves. This reduces bulk and lets your project take on the proper shape.



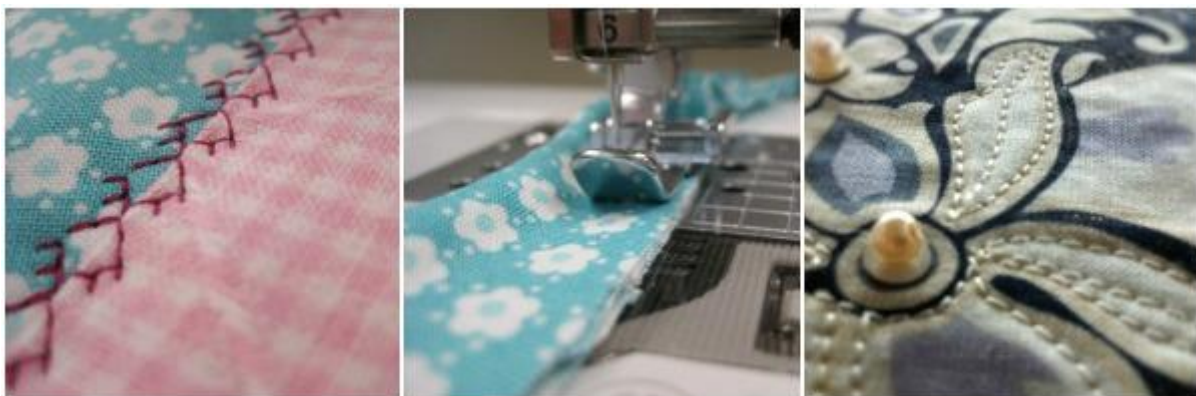
Step 3: Press your fabric properly.

- There is a difference between pressing and ironing, and that difference can make or break your project. Brush up on the basics here.
- Use the proper pressing tools for your project – for curved edges or tight spaces it helps to have a pressing ham or a presser bar.
- Use the correct heat setting for the fabric you're pressing, and make sure to test a spare piece of the fabric with your iron before you press the actual project pieces.
- Spray starch can help in pressing difficult fabrics or maintaining crisp lines, though there's a bit of a debate about it in the sewing world.



Step 4: Details make a difference.

- Don't be afraid to sew something by hand if your project calls for it. Sometimes you have to stitch up the final seam on a stuffed toy, or hand-stitch the binding on a quilt, in order to get the best results from your project. Hand stitching does take more time than using a machine, but sometimes it's time worth spending in order to make your project really stand out (in a good way).
- Use decorative stitches to highlight an area of your project. Whether you use your sewing machine's built-in stitches or hand sew some embroidery onto a project, these tiny details really add that extra something unique to your finished project.
- For home decor and garment sewing, piping is a great way to highlight a particular area of a project or to take an average, everyday item and make it something really special. You can even make your own piping – it's really not that hard!



A guide to different fabrics

A PAIR & A SPARE		
A Guide to Different Fabrics		
COTTON Natural Fibre Breathability: ●●●○ Comfort: ●●●●● Wrinkle Resistant: No Function: Cooling Machine Wash: Yes	LINEN Natural Fibre Breathability: ●●●●● Comfort: ●●●●● Wrinkle Resistant: No Function: Cooling Machine Wash: Yes	SILK Natural Fibre Breathability: ●○○○○ Comfort: ●●●●● Wrinkle Resistant: No Function: Cooling Machine Wash: No
FLANNEL Natural Fibre Breathability: ○○○○○ Comfort: ●●●●● Wrinkle Resistant: Yes Function: Warming Machine Wash: Yes	JERSEY Natural Fibre Breathability: ●●●○○ Comfort: ●●●●● Wrinkle Resistant: Yes Function: Warming & Cooling Machine Wash: Yes	HEMP Natural Fibre Breathability: ●●●○○ Comfort: ●○○○○ Wrinkle Resistant: No Function: Warming & Cooling Machine Wash: Yes
DENIM Natural Fibre Breathability: ●●●○○ Comfort: ●●●○○ Wrinkle Resistant: Yes Function: Warming & Cooling Machine Wash: Yes	WOOL Natural Fibre Breathability: ●●●●● Comfort: ●○○○○ Wrinkle Resistant: Yes Function: Warming & Cooling Machine Wash: Yes	LEATHER Natural Fibre Breathability: ●●●○○ Comfort: ●●●○○ Wrinkle Resistant: Yes Function: Warming Machine Wash: No
SATIN Natural/Synthetic Fibre Breathability: ●●●○○ Comfort: ●●●●● Wrinkle Resistant: Yes Function: Warming Machine Wash: No	CHIFFON Natural/Synthetic Fibre Breathability: ●●●○○ Comfort: ●●●●● Wrinkle Resistant: Yes Function: Cooling Machine Wash: No	VELVET Natural/Synthetic Fibre Breathability: ●○○○○ Comfort: ●●●○○ Wrinkle Resistant: No Function: Warming Machine Wash: No
RAYON Synthetic Fibre Breathability: ●●●●● Comfort: ●●●●● Wrinkle Resistant: No Function: Warming & Cooling Machine Wash: Yes	NYLON Synthetic Fibre Breathability: ●○○○○ Comfort: ●●●○○ Wrinkle Resistant: Yes Function: Warming Machine Wash: Yes	POLYESTER Synthetic Fibre Breathability: ●○○○○ Comfort: ●●●○○ Wrinkle Resistant: Yes Function: Warming Machine Wash: Yes
APAIRANDASPAREDIY.COM		

Invisible zipper

Sewing
with Angela Wolf

THE FAST AND EASY WAY TO ATTACH
INVISIBLE ZIPPERS

Here's how to attach a hidden zipper using a standard zipper foot.



1

Interface wrong side
of fabric for zipper placement...



2

Machine baste the
seam closed...



3

Then press...



4

Open the seam...



5

The pressed line is a good
guide to follow when attaching
your zipper...



6

Press the
zipper teeth open...



7

Flip one side of zipper over and stitch...



8

Leave an opening
at the bottom...



9

Mark the bottom stitch to
the other side of the zipper tape...



10

Go to the other side
and flip the zipper over...



11

Line up with pressed line...



12

Stitch, ending at the mark....



13

Close bottom of seam...



Pin bottom seam together. Mark next stitch line with blue pen...



Push the zipper tape out of the way...



Start the stitch 1/8" to 1/4" above the last stitch...



Place the needles just inside of the previous stitch...



Backstitch and stitch the seam closed...



Press...



Press the garment....



And cut off the excess zipper tape at the bottom and cover with fabric!

Angela is the couture sewing expert on It's Sew Easy TV, writes a monthly fashion and trends column on PatternReview.com, is a frequent contributor to Threads and Sew Stylish Magazines, author of How to Start a Home-based Fashion Design Business, and teaches online sewing classes on Patternreview and Craftsy.



Secrets of Twin Needle Stitching

Secrets of Twin Needle Stitching

Melly Sews



I use my twin needles on my regular sewing machine mostly for hemming stretch fabrics, and therefore I need needles for jersey / ballpoint needles. They can be bought at any fabric store.

I read several blog entries about using twin needles that were pretty helpful when I first started using these, but there were several things I had to discover on my own. So this is a summary of my best tips for sewing with twin needles.

1. Buy ballpoint needles if you're going anywhere near knits for this.
2. Pay attention to the width (the mm number; 4mm in the picture above). Some extra wide-set needles won't fit with the standard foot on vintage machines. I learned this the hard way.
3. Leave loooooong tails when you start and stop sewing, and don't backstitch (see below)

4. Set your machine to a long (if not the longest) stitch, and use the straight-stitch, not zig-zag
5. Give your stitching a tug every 6 inches or so if you're doing a long hem to prevent puckering.

As I mentioned, I mostly use my twin needles to sew knit hems. Here is a step-by-step of how I do that.

First, replace your needle with a twin needle. Then put the thread and a bobbin of the same thread on your machine. Make sure thread is unwinding the same direction off both. Here are two configurations of what that might look like (please excuse the mismatched thread in the first picture).



Holding the two threads together, thread the machine as if you were only using one thread until you get to the needles, then separate the threads. Tug one to see if the left or right thread unwinds, then thread the corresponding needle.

Iron your hem. If you HAVE to, pin it. But you don't want to sew over the pins. Two needles = 2 x the chance you will hit a needle.



Sew with the top side of the hem up. I use my finger on the left hand to feel the seam as I feed the fabric. Remember to leave LOOOOONG tails before you start stitching.



Stitch around to where you started. Don't backstitch or overlap your stitches. Leave long tails again before cutting.

Give your hem a good tug. You'll notice that the bobbin thread tails in particular may get a lot shorter.

Thread your long tails through a needle, two at a time. Use the needle to pull the threads to the wrong side.



Knot all the threads on the wrong side before cutting.



Your stitches will look like this on the front



And like this on the back. That zig-zagging of the bobbin thread is what gives the hem its stretch.

