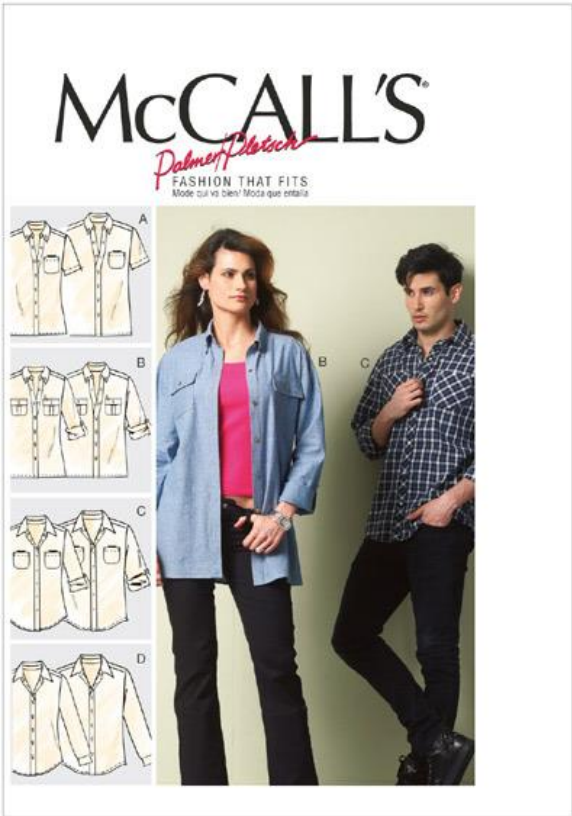
SAN DIEGO CONTINUING EDUCATION



SEWING FUNDAMENTALS 2

Summer 2018

Tuesdays & Thursdays, June 12, 2018 – August 16, 2018
9:00 AM – 1:00 PM
Full Semester Course in 10 Weeks.
Summer CRN Course Numbers: 4563E & 4565B

West City Campus
3249 Fordham Street
San Diego, CA 92110
Room 209

Instructor: Joan McKenna
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mckenna@gothere.com
www.sewalongwithjoanie.com

HOSPITALITY AND CONSUMER SCIENCES

SLOs, Visions, Missions

Program Purpose/Vision

The purpose is to provide San Diego Community College Continuing Education with non-credit courses consistent with the current Family and Consumer Sciences Program Plan for Community Colleges.

Mission Statement

Students completing courses or programs in San Diego Continuing Education's Hospitality and Consumer Sciences department will gain knowledge and skills in any of the possible subject matter offerings (foods/nutrition; culinary arts/hospitality/fashion productions/fashion merchandising/textiles/interior design/life management/consumer issues and personal development) in order to prepare for vocational careers in the above and to positively affect one's quality of life. The vision is to increase professional development, expand course diversity, enhance CE's image and grow enrollments in HCS.

SDCE Institutional Student Learning Outcomes

1. **Social Responsibility**
   SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. **Effective Communication**
   SDCE students demonstrate effective communication skills.
3. **Critical Thinking**
   SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. **Personal and Professional Development**
   SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.
5. **Diversity**
   SDCE students incorporate and use principles of civility and compassion as they develop knowledge and skills: recognizing, respecting and valuing the place and role of all individuals in their community.

Fashion Discipline Student Learning Outcome (SLO)

Students completing a fashion or fashion production course or program will be able to understand and apply concepts, technologies, related skills and techniques by successfully completing class projects in order to prepare for fashion careers.

Course Student Learning Outcome (SLO)

Upon course completion, students will be able to demonstrate basic sewn product stitching & construction skills as evidence by the completion of an apparel construction project: A non-tailored shirt. Learn how to understand and follow a pattern guide. Master professional standards of workmanship without complicated and unnecessary work. Gain confidence using woven fabrics, different types of sewing machines, and industrial techniques. Emphasis on commercial, custom, and timesaving techniques.

Course Objectives

Students will demonstrate their class acquired learning and competencies through practical applications, soft skills, written and oral communications. At the end of the course, with *reasonable attendance*, the student should be able to demonstrate the ability to:

1. Measure accurately a human body to determine correct pattern size to buy.
2. Interpret and plan the construction of a garment (The shirt project) using information given on the pattern envelope, pattern pieces and instruction guide
3. Select and maintain appropriate small equipment related to construction procedures.
4. Identify various types of fabric, interfacings and sewing supplies.
5. Coordinate appropriately: fabrics, interfacings, and stitches .
6. Layout pattern pieces efficiently on fabric according to the appropriate grain line marked on the pattern.
7. Demonstrate the use and maintenance of domestic and industrial sewing machines, sergers, overlocks, cutting tools, and other equipment and supplies necessary for efficient sewing.
8. Record personal growth toward advanced sewing abilities by the completion of the Advanced Sewing Operations Portfolio. (Located In the Downloads section of the website.)
9. Document progress of sewing talent by the completion of a basic long sleeve shirt project.
10. Identify and discuss entry level career positions for beginning sewers in the Sewn Products Industry and Entrepreneurial Business ventures.

Methods of Instruction

Methods of instruction may include, but are not limited to: classroom lectures, laboratory classroom discussions, sew along with Joanie presentations, digital and hardcopy handouts, collaborative learning, peer guidance, demonstrations, internet research, YouTube and other online videos, books on disk, recommended textbooks, library building books, selected periodical readings, audio-visual presentations, **fandangos,** guest speakers, completion of portfolios, sewn projects, student presentations, and personalized attention. To get individualized help: write your name on the white board in descending order under the word "Help."

Student Responsibilities

Students are expected to come to class on time (see me if you can't) and commit to attending the course each class period. Sign in and out on the class attendance verification (CAV) sheet. If you do not sign in, I CANNOT give you credit for coming to class.

Course Evaluation

A student's grade will be based on multiple measures of performance related to the course objectives. The assessment will measure development of independent critical thinking skills and the student's ability to perform sewn product construction skills. Multiple measures may include, but are not limited to the following: completion of assigned projects, class participation, group activities, creation of an operations portfolio, and attendance. Final course evaluation of the student's ability will be based on, but not limited to, the following criteria:

1. Measuring accurately a human body to determine correct pattern size to buy.
2. Interpreting and planning the construction of a garment (The shirt project) using information given on the pattern envelope, pattern pieces and instruction guide
3. Coordinating fabrics, interfacings, and stitches .
4. Laying out pattern pieces efficiently on fabric according to the appropriate grain line marked on the

pattern.
5. Demonstrating the use and maintenance of domestic and industrial sewing machines.
6. Recording growth toward advanced sewing abilities by the completion of the Advanced Sewing Operations Portfolio.
7. Critique of completed **apparel shirt construction project** illustrating competency skills learned in the course. Quality measured using basic construction competency standards discussed in class. I am going to take pictures the last day of class.
8. Discussion of entry level career positions for beginning sewers in the Sewn Products industry and Entrepreneurial Business ventures.
9. Self-evaluation completion of Course Student Learning Outcomes
10. 80% mastery of the skills embodied in the class assignments and course objectives
11. Attendance and punctuality. Student **must** attend 80% of each class in the course. Missing more of the course hours will affect learning, grade, and certificate earning ability.

Total class hours of this course: 80 x 80% = 64 Hours

Note: Paper certificates are given for program completion at graduation. The Clothing Construction Program consists of 4 courses: Sewing Fundamentals 1 & 2, Sewing Like a Professional and Contemporary Tailoring.

CLASS 1 ORIENTATION & Agenda– June 12, 2018

Course Notes

1. **Syllabus is always subject to change**
2. Register via computer or smart phone
3. Commandment #1: Safety First!
4. Print this syllabus
5. Continue to build your **sewing techniques portfolio**
6. Download portfolio patterns and print without scaling or "fit to page"
7. Take everything with you to each class
8. Take notes
9. Always bring a 4 GB USB flash drive - This instructor has a lot to give out, digitally.
10. Buy your shirt pattern by Thursday's class.
    Shirt Pattern Requirements*: No exceptions
    Pocket
    Long sleeves with tailored cuffs & placket
    Collar with a separate rise
    Center front placket.

Recommended Textbook

A Guide to Fashion Sewing (any edition) by Connie Amaden-Crawford, New York, New York: Fairchild Books/Bloomsbury Publishing. It is also fine for you to receive information via YouTube, Blogs, etc., and not buy a text book.

Optional Great Books for Your Library:

- *Sewing Patterns: 200 Q&A: Questions Answered on Everything from Understanding Patterns to Making Alterations* by Sophie English, Barron's Educational Series
- *Sewing Machine Basics: A Step-by-step Course for First-time Stitchers* by Jane Bolsover (2010). Includes 7 full-size pullout patterns, Cico Books

Best Website Help for Sewing Techniques

http://www.sewing.org/html/guidelines.html • www.youtube.com Many are excellent) • http://www.singerco.com/resources/ • www.sewingsupport.com

Fandango (optional field trip)

A field trip to buy sewing supplies at Yardage Town and Central Sewing with Joan McKenna. ***Bring your Syllabus, Pattern Envelope and some form of payment (about $100).*** Normally, my other classes may join.

First Saturday after first class (date): June 16, 2018

9:30 AM: Yardage Town. 1043 Broadway, El Cajon 92021. Phone: 619-444-3208.

- Bring your shirt pattern envelope to the fandango.
  **********The shirt pattern and the advanced portfolio patterns are due June 14th, the second class. The shirt pattern is bought according to your bust/chest, waist, and hip measurements. We will measure in class- Day 1. The advanced portfolio patterns are printed with no scaling or shrink to fit.*
- DO NOT buy serger thread here
- Buy woven inexpensive shirt fabric, woven interfacing, buttons, good thread, some supplies
- Buy inexpensive denim type fabric for your portfolio patterns. (Amount listed on page 8)

11 AM: Central Sewing East. 1125 North Second Street, El Cajon 2021. Phone: 619-447-3244.

- Corner template, Simflex, mechanical chalk pencil, bobbins (Pfaff, Bernina, and Industrial), Schmetz universal needles size 14/90.

Optional lunch:

- Crafted Greens. 745 Jamacha Road. El Cajon, CA 92019. 1-619-328-4044. http://www.craftedgreens.com/ (2nd Avenue changes to Jamacha at Main Street.)

Fandango Home Work: Preshrink your fabrics. See Prep Work Instructions.

Future Events (Fall 2018)

Sew Pro's Field Trip to the LA garment District and M & L Fabrics. $60. Call Clairemont Sew Pro's for details: 1-858-279-2500. Saturday, October 13, 2018.

Class 1 Agenda

Introductions • Computer/phone registration • Student Learning Outcome sheets • Student authorization form • Tools and equipment supplied by the school • Soft skills • Handouts and resources on a USB flash drive • Work along with instructor • Keep up with assignments • Homework • Sewing Fundamentals 2 is the second in the Clothing Construction Program • Laying out & cutting in room 209 • Using your own sewing machine or provide TLC for the school's machines • Signing out sewing machines • EROs • There is a great glossary in the text or I have other language dictionaries digitally • Lots of lessons, sew alongs, and demos • Usually there is catch up time at the beginning of class • Receiving help and learning from each other • Always list your topic on the "Help" board • Buying your project needs: fabric, notions, & lifetime sewing kit at the fandango (Saturday, June 16th) • Buying a sewing machine • Email your absences to me • **Clean up at end of EACH class**

Note: The first 4 classes of this course are very, very hard. You **absolutely** need to keep up with the work and assignments. Understand that you can get hurt sewing. You can get injured if you don't take care of the equipment or don't pay attention to what you are doing. This could cause you to give up the greatest most fulfilling pastime in the world! You must wear closed toe shoes in my classroom.

Today's Lessons:

1. **Basic Apparel Construction Project:** This course is tough in the beginning. Do the work involved ON TIME. It will pay off. Print the syllabus, Advanced Sewing Operations Portfolio patterns (with NO SCALING), Troubleshooting your Sewing Machine, and Soft Skills.
2. **PowerPoint** on Sewing Needs (If Needed) + Reading Commercial Pattern Envelopes
3. **Measuring** to buy your shirt pattern.
4. **First Project:** Advanced Sewing Operations Portfolio.
5. **Second Project:** We will all make long sleeve shirts with cuffs and collar and no fitting darts

Class 1 Homework:

- ☐ Print the syllabus, Troubleshooting your sewing machine, and Soft skills
- ☐ Buy the shirt pattern with the proper criteria (long sleeves, pockets, cuffs, a collar with a rise, Center Front Placket. Bring the shirt pattern plus the Advanced Operational Portfolio Patterns to Thursday's class. You will need the pattern envelope and syllabus at the fandango. It would be GREAT if you could get this pattern by the second class. (Thursday)
- ☐ Print the Advanced Sewing Operations Portfolio patterns for the next class. (Thursday) www.sewalongwithjoanie.com . Print with no scaling or shrink to fit.
- ☐ Preshrink your fabrics for next Tuesday's class (June 19th.) If you are buying special interfacing, follow their instructions. If you are buying regular iron on interfacing, you can preshrink it in your kitchen sink.
- ☐ Bring for **Class 2**: paper scissors, quilter's straight pins, 3/4 inch wide green invisible tape, 2 gallon-sized baggies, one highlighter, adding machine tape, a pencil, and your patterns.

Class 2 Thursday June 14, 2018

Come with your pattern and Portfolio printouts, printed with no scaling or shrink to fit. • Cut out the pattern pieces on your size*, write your name on each piece, and put them in your gallon size baggie. This will keep them clean and flat. (This can be done at home to save time.) • First pattern fitting with instructor: pin together on 5/8 inch seam line for your fitting • Make adjustments • Learn a bit of patternmaking* • Second fittings will be done with a student peer • Cut your portfolio pieces and put in another gallon size baggie • In your spare time, read your pattern guide and fill out your *How's Your Pattern Power* handout – listed on page 10 in this syllabus. Jot down notes, concerns, and questions on the pattern guide to ask your instructor.

***Note:** because this is a Sewing Fundamentals class, there will be no technical design changes to the patterns. No darts will be added. However, there can be other things done to the pattern to enhance fit. In multi-size patterns, you are able to cut the bust one size and the hips another.

Class 3 & 4 (June 19 & 21)

Fabric prep work is the most important part of sewing: Take notes in this lesson if you come unprepared! Truing both your fabrics on grain • PowerPoint: Grainlines & other prep for layouts (remember to lay everything on grain, and get an OK from the instructor to cut your shirt, **and** your portfolio patterns) • Layout

your portfolio patterns on your preshrunk denim-type fabric • Lay out your shirt on your preshrunk cotton fabric • How to cut ergonomically • Production term of the day is Commandment #12: Respect Thy Grainlines • Remember to cut your interfacing according to what your pattern pieces say to do

Class 3 & 4 Homework:

- ☐ What you do not finish in class, you will need to do at home after you get instructor's OK.
- ☐ Cut out everything on grain and bring to next class. Don't remove patterns from fabric.
- ☐ From now on, make sure to always bring all your cut fabrics *and* scrap fabric to class

Class 5 & 6 (June 26 & June 28)

Demo and dos • Fusing interfacing with press cloth, serging, and marking • Commandment #14: Thine Iron is Thy Friend • TLC for the school's sergers and irons • Serging to stop raveling: Every seam that is NOT encased. *This gets done after you fuse and before you mark!* • Safety first: NO PINS can be used when you are using a serger or fusing. (Let go and let the fabric!) Remove all pins and patterns before serging. Pins go back into your pin cushion • All pattern pieces need to be re-pinned onto the garment cut pieces after serging so that you are ready to mark your fabric with the pattern's hieroglyphics

Class 5 & 6 Homework:

- ☐ What you do not finish in class, you will need to do at home
- ☐ Individual and group help
- ☐ From now on, make sure to always bring all your cut fabrics *and* scrap fabric to class
- ☐ Have you Printed Troubleshooting Your Machine
- ☐ Missing class 6 means you will bringing and using your own sewing machine

This lesson you received in Sewing Fundamentals 1 It Merits mentioning in every course.

TLC for the school's straight stitch sewing machines: care, maintenance, threading of straight stitch machines • Talking to the instructor • Various ways to do things; never expect any two sewers to agree on technique • Practice control over your straight stitch sewing machine with your fabric scraps • Remember: there are exceptions to the following...Thine Iron is Thy Friend • Each time you sew a seam, remember to iron it open • Computerized machine embroidery demo

Note: I will be here to individually help. Remember to write your name on the board under the word "HELP" with your topic/question. Sometimes the help you need, is the help that every student needs, and the individual demo will turn into a group demo.

Class 7-19 (Next 13 class periods) ***The Teaching Plan****

Class 7 is when we will start our advanced sewing operations portfolio samples • The Advanced Sewing Operations Portfolio Samples are taught "Sew Along with Joanie" Style • Instructor will demo and do with you, one or two samples per class. • Then the class will progress to Sewing up our shirt project, teaching you how to "understand and follow" the pattern guide. • There will be time in each class to work on your shirts. • We will have Student proposed demos • Individual and group help • This instructor worries about understanding the pattern guide. This is the time for **critical thinking**. Some things are written logically and perfectly. Some things…there are better ways……Each instructor you have, will give you their own set of what

they think is best. This is fine. No two instructors will ever agree on technique. And you will get the benefit of all our years of experience.

Class 20 (August 16, 2018)

Student proposed demos • Individual and group help • Final class • Pictures will be taken of your completed portfolio and shirt.

APPAREL CONSTRUCTION PROJECT NEEDS

You need to buy your pattern before class #2. Remember the lessons in "Reading Commercial Pattern Envelopes." It would be a good idea to have this early. **Make sure** your bust/chest, waist, and hips are included in the multi-size pattern you buy.

- ☐ ALL necessary fabrics and sewing notions for your project. See what is listed on the pattern envelope. ALWAYS buy one repeat and 1/4 yard extra fabric for the shirt (for shrinkage)
- ☐ Almost matching GOOD QUALITY polyester-cotton thread (e.g. Gütermann's, Molnyke, Mettler, Dual Duty) **NEVER buy cheap thread** (i.e. do NOT buy two spools for a $1 threads)
- ☐ 3/4 inch Scotch wide invisible tape (the packaging is green plaid)
- ☐ 2 gallon size plastic baggies
- ☐ 18 inch grid ruler, 2 inches wide
- ☐ 1 yard of fusible (iron-on) woven interfacing (pre-shrink)
- ☐ 1/2 yard tear away stabilizer (1 package Sulky's tear-easy is fine). DO NOT preshrink stabilizer.
- ☐ Highlighter
- ☐ Press cloth (single fold diaper or a "flour sack" dish cloth)
- ☐ Tailor's chalk (squares or triangles) or mechanical pencil
- ☐ Instruction book for your personal sewing machine and/or serger (ONLY if you plan to bring your own machine to class. The school has manuals for all our machines)

ADVANCED SEWING OPERATIONS PORTFOLIO NEEDS

- ☐ 4 yards light denim
- ☐ 1 yard light woven interfacing
- ☐ Non-matching thread
- ☐ Fabric Marker that works with your fabric

BASIC SEWING KIT NEEDS (Investments for a lifetime!)**

Additional online resource: www.wawak.com

**** Do NOT feel that you need to buy this all at once. This is now listed in the downloads section of the Sew Along with Joanie website.** Most of these things, you should already have or plan to buy **ONLY** when you have coupons.

PREP WORK INSTRUCTIONS

Fabric Prep

After you buy your fabric and interfacing, you need to **preshrink** it. The fabric gets washed and dried. You always pre-wash and dry your fabric the same way you are going to take care of the sewn product that you are going to produce from it. Fusible interfacing (woven or knit) is put in a **clean** sink filled with warm water for a minute or two, then swished around. Remove and roll up in a towel to take most of the moisture out. Then hang dry. You really can't run this through your washer and dryer, because the glue will melt off. Stabilizers do NOT get pre-shrunk.

Cutting

Cut out all your patterns on their **outside** 'marked' cutting lines and put them in a gallon size plastic baggie. (I like to use freezer baggies because the plastic is a bit thicker.) Cut around the outside of the notches on your portfolio pattern pieces. On your shirt, we need to use another method. *Notches are the "Diamonds" on your patterns.* **Get a fabric cutting demo from the instructor. This happens because we need to serge every edge that is NOT encased.**

All of the fabric samples will be cut on the straight lengthwise (warp) grain unless otherwise specified on the pattern. ALWAYS cut fabric as directed on the patterns. The straight lengthwise (warp) grainline is parallel with the selvage (manufacturer's finished) edge of the fabric. Information on grainlines is included in your textbook and on the web. Cutting instructions for woven fabric cut on the straight lengthwise (warp) grain, bias grain, and for knit fabrics are in the same place. Check http://www.sewing.org/html/guidelines.html**.** Observe the "sew along" demo. **Check your glossaries for words that are unfamiliar to you. (This instructor has a grand time using Google and Dictionary.com.)**

Fusing Your Cut Interfacings to Your Facings

The textured (bumpy or shiny) side of your woven or knit interfacing is the glue side and it faces the wrong side of your facing. Remember to fuse your interfacing to your facings. (**NEVER face the glue side up when ironing. You may glue it to the iron and then you will have to clean the iron. This easy task is a must to learn.**) Use a Press Cloth! Be sure to follow the manufacturer's directions for pressing on the fusible interfacing to the wrong side of the FACING if you miss the "sew along" demo. **Never fuse with pins in the fabric.** It won't let the interfacing lie correctly. *Believe in your fabric. It will talk to you. Let go and let the fabric. Don't worry if fabric interfacing do not perfectly line up.* **Serge** all your outer edges except for those encased.

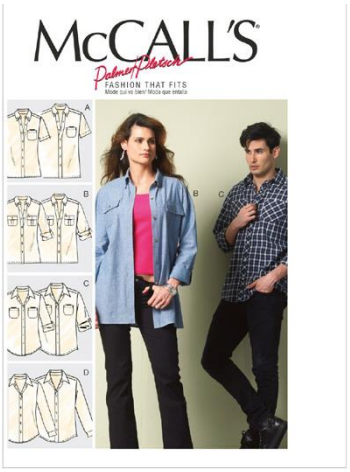
Mark your Fabric with All Pattern Markings

Sometimes you will need to use your fabric tracing wheel and fabric tracing paper to do this. Sometimes a marking pencil works just fine. We will use the pencil for our notches on our shirt. (There are several other ways to handle notches: *diamonds on your patterns*. Ask the instructor). On the *wrong* side of your fabric, mark all your darts, control sheet lines and dots. Mark the dot on your sleeve shoulder and inseam pocket piece. Make sure to watch the instructor demo these techniques.

How's Your Pattern Power?

Look at your pattern. Can you find the following information?

	Check if you can locate it
Pattern Envelope Front – front views of all garments	
Pattern Envelope Back	
Back view of garments	
Body measurement chart	
List of suggested fabrics	
List of notions needed for your pattern	
Yardage chart – how much fabric do you need for the view you are making?	
Guide Sheet	
Front and back views	
Illustrations of pattern pieces	
Explanations of symbols and terms	
General sewing information	
Pattern layouts – circle the layout you will use for your project	
Step by step instructions (sewing directions)	
Pattern Symbols	
Cutting line	
Stitching line	
Grainline arrow	
"Place on fold" line	
Notches	
Circles or squares	
Lengthen or shorten line	
Center front or back	



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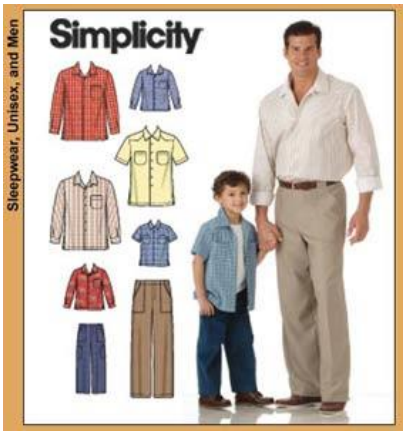


4760BSIM

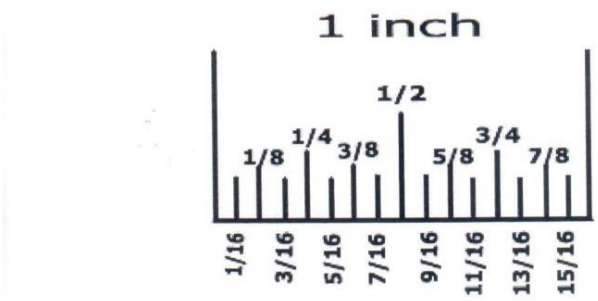
5366BSIM

7030BSIM

Don't Forget to check Vogue Patterns !!! www.sewingpatterns.com

Reading The Lines On A Ruler/Tape Measure

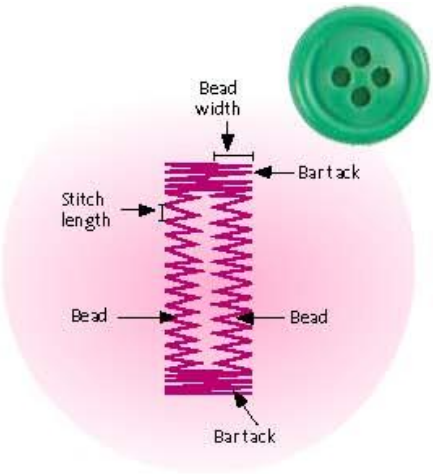
1. The longest line in the inch is in the middle. This is the half-inch mark and there is only one.
2. The next shortest line is the 1/4" (one quarter of an inch) inch mark and there are only two of these.
3. The third shortest line is the 1/8" (one eighth of an inch) mark and there are four of these.
4. The fourth shortest is the 1/16" (one sixteenth of an inch) mark and there are eight of these.
5. Some rulers will go a step further, down to 1/32" but this is often more precise that most woodworking cuts need to be.
6. On the typical ruler the basic (smallest) unit of measurement is 1/16". If you count the distance between two inch marks (one inch) you will find sixteen lines. This is because an inch is 16/16th of an inch long. Because we like to express fractional numbers in the largest unit possible we call it one inch. So it follows that if you have 8 lines, or 8/16" you have a half-inch or ½". And likewise, if you have 4 little lines, or 4/16" you have a quarter inch and so on.



Ruler and buttons are not to scale.

TEACH YOURSELF TO SEW

Buttonhole selection guide



There are important differences among the buttonhole options available in most sewing machines' stitch inventory. Some buttonholes are best matched with certain fabrics, or ideal for particular garment types. Here are standard buttonhole variations, along with typical applications for each.

Standard buttonhole:

A rectangular buttonhole with satin-stitch beads. It is used on light- to medium-weight fabrics in blouses, shirts, and trousers.

Narrow buttonhole:

A rectangular buttonhole sewn with a narrower satin-stitch bead, and possibly lighter-weight thread, than the standard buttonhole. This type is used on lightweight and sheer fabrics in blouses, dresses, children's clothing, and lingerie.

Stretch buttonhole:

A rectangular buttonhole, sewn with a zigzag-stitch bead. The zigzag stitch accommodates stretch in fabrics such as knits and wovens with spandex.

Round-end buttonhole:

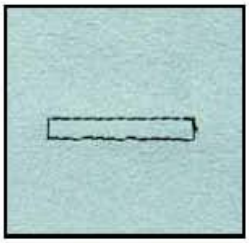
A standard buttonhole with one rounded end. Used on medium- to heavyweight fabrics in jackets, coats, and rainwear. The rounded end fits around a button shank.

Keyhole buttonhole:

Another buttonhole varation with one rounded end; the rounded end has a diameter larger than the width of the parallel beads. This version is used on heavyweight, non-stretch fabrics in coats, jackets, trousers, and menswear.

Straight-stitch buttonhole:

The straight stitching can be used to reinforce standard buttonholes, as a guide for hand-stitched buttonholes, or to outline a bound buttonhole opening.

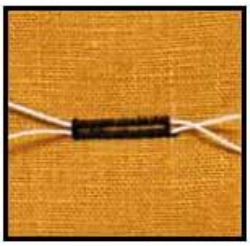


Hand-sewn-look buttonhole:

This variation is made by machine in a round-end buttonhole shape, but sewn with stitches that resemble hand-sewn ladder stitches. It is used on light to medium-weight woven fabrics in blouses, dresses, and leisure wear.

Corded buttonhole:

In this standard-buttonhole variation, the beads are stitched over cord. The cord reinforces the buttonhole and raises its profile so it doesn't get buried in thick fabrics or fabrics with a pile.



SEWING TECHNIQUES PORTFOLIO GRADING SHEET

Student Name: _____ Date Submitted: _____

Presentation Date	Date Student Completed	Project
		1. Closed kick pleat
		2. Inverted kick pleat
		3. Open kick pleat with mitered corners
		4. Learning to sew one piece facings
		5. Continuous placket for a shirt sleeve
		6. Tailored men's shirt 2-piece sleeve placket
		7. Tailored men's shirt 1-piece sleeve placket
		8. Jeans fly zipper
		9. Knife pleats
		10. Box pleats
		11. Release tucks
		12. 8.5 x 11" woven interfaced sandwich for buttonhole practice perfection
		13.
		14.
		15.