



Textile Technology and Design Form 1



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SAMPLE





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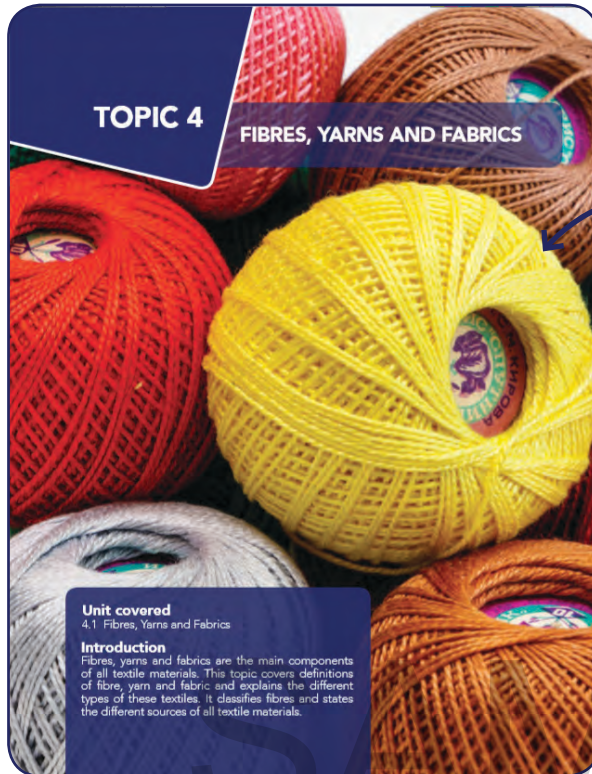


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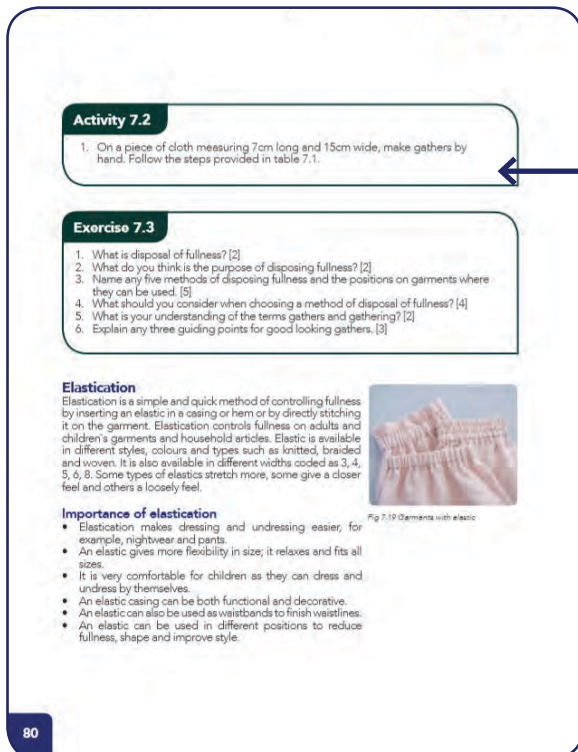
Book Features



Catchy opening images captivate the learner



Vibrant images throughout the book



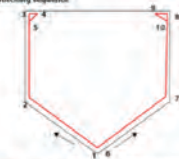
In-text activities keep the learners busy

Book Features

Step 3

- Pin and nuck the pocket on marked position on the garment.
- Machine stitch the pocket, double-stitch at the corners to make it loopy. Two rows of machine stitching can be done around the pocket if preferred as shown on the diagram below.

Stitching sequence



Activity 7.5

Make a sample of a patch pocket following the pattern and sequence in fig 7.

Exercise 7.7

- Define pockets.
- Identify three types of pockets and give examples of garments where they are found.
- Explain the difference flap and welt pockets.
- With the aid of diagrams describe how a patch pocket can be attached to a garment.
- How can a patch pocket be decorated?
- With the aid of diagrams, show different positions where pockets can sewn.
- Give two uses of pockets.
- Identify any four garments where patch pockets can be attached.
- Draw three designs of patch pockets.
- What is the other name for set in pocket?

Practical work

- Make a sample of a patch pocket.
- Make a sport with a decorated pocket.

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Varied exercises at the end of each unit

Points to consider when pressing

- Test the temperature of the iron on a piece of fabric before pressing the actual garment.
- Press along the straight grain of the fabric as much as possible.
- Remove all the pins and tacking threads to avoid staining the garment.
- Press the garment on the wrong side to avoid soiling the garment iron marks.
- Press correctly by pressing and lifting the iron up and down for a short time depending on the type of fabric being pressed.
- Vary the pressure and time of pressing depending on the type of the fabric to avoid scorching.
- Press darts facing each other or facing towards the darts-front or centre-back.
- When the garment is made of thick material, open the dart and press seam.
- French seams should be pressed towards the back of the garment.
- Press with the point of the iron towards the gathers.
- Sleeves should be pressed on the sleeve board.
- Use an iron to press the rest of the garment especially when pressing seams.
- Do not press over fastenings such as buttons and zippers studs.
- Press after every sewing process.
- Final pressing should be done before packing the garment.

Stages when pressing should be done

- Before laying and cutting out the pattern.
- During the process of sewing the garment and after completing each process.
- After completing sewing the garment.

Reasons for pressing

- Pressing gives a professional finish to the garment.
- To make seams lie flat and have clean lines.
- To remove unwanted creases.
- To introduce creases where necessary, depending on the design.
- To enable the garment to fit the body well.
- To prepare for the next stage of the sewing process.
- To prepare the garment for packing.

Topic Summary

- A stitch can be defined as one or more strands or loops of thread interlocking, interlocking or passing into or over through the material.
- Stitches are divided into two major classes, temporary and permanent.
- Examples of temporary stitches are even, uneven, diagonal tacking and tailor's tacks.
- Permanent stitches are further divided into joining (back stitch, machine stitch, oversewing), finishing (blanket stitch, overcasting, zig zag) and decorative (stem, chain, satin).
- Temporary stitches are removed after sewing their purpose while permanent stitches form part of the garment.
- Disposal of fullness refers to the methods that are used to reduce or control the width and the length of garment sections.
- Some of the methods are gathers, darts and elastication.

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Topic summaries at the end of each topic


END OF TERM 2 TEST

SECTION A


Answer all questions in this section in the spaces provided.

1. Study the illustrations of the skirt below and answer the questions that follow.

FRONT



BACK



a) (i) Identify a suitable fabric for the skirt. _____ [1]

(ii) Give the following details of the fabric named above _____ [11]

Colour _____

Fibre content _____

Structure _____ [4]

Weight _____

Feel _____

b) Identify the type of skirt illustrated. _____ [1]

(i) State five major processes in the construction of the skirt. _____ [5]

(ii) Name two types of seams that can be worked on the centre back of the skirt. _____ [2]

(iii) Name the type of pocket illustrated. _____ [1]

d) Explain three points to consider when choosing clothes for various occasions. _____ [3]

e) Explain how you would make the hem for this skirt. _____ [2]

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End of term revision tests help with assessment

TOPIC 1

GROOMING AND PERSONAL HYGIENE

SAMPLE

Units covered

- 1.1 Puberty
- 1.2 Grooming and Culture
- 1.3 Healthy Habits
- 1.4 Personal Hygiene

Introduction

It is important to be aware of the changes that take place to you at different stages of your life. In this topic, we are going to cover grooming and personal hygiene.



Activity 1.1

In groups, discuss the differences between biological and physical changes.

Exercise 1.1

1. Define puberty. [2]
2. What leads to biological changes in boys and girls? [3]
3. State three factors that influence puberty. [3]
4. What are hormones? [2]
5. List five physical changes that take place in:
 - a) girls
 - b) boys. [5]

SAMPLE



Sitting

- Sit with your back erect and supported by the back of a chair; pull your stomach in.
- The weight of your body should rest on the two bones at the bottom of the buttocks.
- When you sit down, keep your knees together and cross your legs at right angles.
- Do not slump or sprawl because it makes your chest to cave in, as your back curves out; your stomach collapses and protrudes; the weight of the upper body rests entirely on the lower spine, opening the way for future backaches.
- Avoid crossing your legs. This cuts off circulation to the legs and may cause varicose veins.

Walking

Someone who walks and moves well with shoulders back and the head up seems to have some confidence and enjoys life.

- Learn to move gracefully.
- Walk briskly, with a sense of purpose.
- Walk with the whole body, that is:
 - Swing your legs from the hip, not the knee – in one smooth motion.
 - Keep your stomach pulled in and the back straight, shoulders and arms relaxed.
 - Avoid slouching.

Exercise 1.3

1. State some advantages of engaging in physical activity. [4]
2. What are the disadvantages of taking 'fast' or 'junk' foods? [2]
3. Describe the correct sitting posture. [2]
4. Why is it important to get enough sleep? [1]
5. What must one do to promote peace of mind? [2]

- Some girls develop acne when they menstruate.
- The make-up used might contain oils that might cause pimples, hence, the need to choose the make-up wisely.

How to care for your ears

The ear is another sensitive part of the body, taken care of by the body system itself. The ear produces wax to lubricate the ear canal. Wax travels from the deeper areas of the ear until it comes out. In order to maintain good personal hygiene and prevent hearing problems, ears need special care. Some points to note include:

- When taking a bath, gently scrub the area behind the ears with a washcloth.
- Use cotton buds or feathers to remove excess wax from the ear.
- Do not use match sticks, pen refills or any objects to remove wax from the ear as this might push the wax deeper into the ear canal.
- Avoid sticking things into the ears. The items may break inside the ear and damage the eardrum, causing hearing problems.



Fig 1.10 A girl cleaning her ear with a cotton bud

How to care for your hands

Develop a habit of always washing your hands to prevent the spread of infectious diseases. Always wash hands:

- After visiting the toilet.
- Before, during and after preparing food.
- Before eating food.
- Before and after caring for a sick person.
- After handling animals or pets.
- Before and after changing nappies.
- After blowing the nose, coughing or sneezing.
- Every time you change sanitary wear.

How to wash hands

Handwashing



Fig 1.11 Stages of washing your hands

clothes, while in winter people resort to winter wear. Daytime clothes should be comfortable, fashionable and practical.

Eveningwear

Eveningwear describes clothing worn on formal occasions held during the evening. The events include beauty pageants, entertainment industry, formal dinners and dances.

Nightwear or sleepwear

This type of clothing includes dressing gowns, pyjamas and sleeping shirts. Sleepwear should be loose and comfortable. Avoid tight-fitting clothing because they interfere with breathing and proper blood circulation during sleep.

Summer clothing

Summer is usually hot. The styles for summer wear should involve the use of colours that do not conduct heat. The style features may include sleeveless styles, short sleeves, low necklines and short hemlines.

Winter clothing

Winter usually consists of cold weather. Winter wear are different types of clothes that we wear to provide warmth and to protect against cold conditions. High necklines and long sleeves are the common style features for winter clothing. Winter wear may be made from fabrics such as woollens, wool blends and mixtures of wool with other fibres, whose fabrics insulate heat. Clothing items for winter include anoraks, boots, coats, gloves, hats, jackets, scarves, shawls, sweaters and warm pants. One can use winter items in conjunction with underwear such as leggings and tights.

Work clothes

Work clothes refer to clothes worn by people of different professions when they are at work. More casual dress codes are now popular in the workplace, at school and for leisure activities. The type of clothes you wear should be suitable for the type of work you are doing. For example, farm labourers should wear overalls, while office workers would wear suits. Those working in environments that are hazardous and life-threatening also need protection. Some work clothes include aprons and gloves, fire-fighting suits, surgical gowns and so on. Generally, choose cheap, strong, easy to care for and washable clothing items that may be worn on a daily basis when going to work.



Fig 2.2 Eveningwear



Fig 2.3 A family in pyjamas



Fig 2.4 People in summer wear



Fig 2.5 Winter clothing



Fig 2.6 People in different working attires

- Lightweight to avoid adding more weight to the wearer.
- Protect the wearer if the sport is a dangerous one.

Sportswear may be made from fabrics that are:

- Practically durable and washable.
- Soft and comfortable to wear.
- Stretchy to allow the wearer's free movement.
- Absorbent to make the wearer feel comfortable.
- Breathable to keep the wearer cool and dry.

Activity 2.1

During sports days, students wear different sportswear. Identify various sportswear worn by different students and where they protect. Tell your friend.

Exercise 2.1

1. Define the term 'undergarments'. [2]
2. Give examples of basic undergarments for:
 - a) men
 - b) women. [4]
3. Sketch a summer dress for a fourteen-year old girl. [4]
4. State three qualities each to look for in:
 - a) school wear
 - b) sportswear. [4]
5. What do you consider when buying or making work clothes? [3]





<p>L-scale</p> 	<p>It is L shaped which has a perfect right angle corner. The long and short arm is measured in inches or centimetres.</p>	<p>It is used to draw lines at right angles.</p>	<p>It should be kept in a cupboard when not in use.</p>
<p>Hem Gauge</p> 	<p>This can be bought from a shop or made with cardboard box.</p>	<p>It is used for measuring the width of hems, pleats and seam allowance properly.</p>	<p>Cover the gauge with plastic for it to last longer.</p>

Table 3.1 Measuring tools

Marking tools

These are used for transferring markings on paper patterns to cut out fabric patterns.




Name	Description	Use	Care
<p>Tracing wheel</p> 	<p>It has a sharp toothed wheel and a wooden handle.</p>	<p>It is used with dressmakers' carbon to transfer pattern marking to the fabric. Pattern marking such as seams, darts and pocket placement can be transferred by this method.</p>	<p>Keep it in a safe place when not in use.</p>
<p>Dressmakers' carbon or Tracing paper</p> 	<p>It is made with wax paper on one side and is available in different colours.</p>	<p>It should be used together with a tracing wheel when tracing pattern marking such as darts and pleats.</p>	<p>Place the papers in a box and flat after use to keep them straight.</p>
<p>Tailors Chalks</p> 	<p>They are available in different colours and are made up of wax or stone.</p>	<p>They are used during pattern making and after cutting out patterns on the fabric.</p>	<p>They should be kept in their containers to avoid breaking them into small pieces.</p>

Table 3.2 Marking tools

Pressing tools

These are used for pressing and ironing paper patterns and fabrics that are creased, as well as pressing and ironing during the sewing process and the final sewn product.




Name	Description	Uses	Care
<p>Ironing board</p>  <p>Sleeve board</p> 	<p>It is padded and covered with a cloth. It should also have removable and washable covers.</p>	<p>It is mainly used for pressing and ironing garments during and after construction. Sleeve boards are used to press and iron sleeves of garments.</p>	<p>Protect the boards with removable covers which are washable to keep them clean. The legs of the boards should be well fixed to avoid accidents during use.</p>
<p>Irons</p> 	<p>These range from domestic to industrial irons.</p>	<p>They are used for pressing and ironing garments during and after the process of sewing.</p>	<p>Keep the iron free from dust and on their stands when not in use.</p>

Table 3.5 Pressing tools

Activity 3.1

1. Identify any sewing tools used in schools.
2. Explain the uses of any three tools you mentioned in question 1.

General tools

These help in the laying, cutting and construction of garments.

Plant/vegetable sources of fibres

Fibre	Source
<p>Cotton</p> 	<p>Cotton is the most widely used fibre obtained from the seed pod of cotton plants. It is grown locally and in other countries such as Brazil, China, India Pakistan, USA and Uzbekistan.</p>
<p>Linen</p> 	<p>Linen is a fibre obtained from the flax plant, most commonly available in the European Union. The flax plant is up-rooted and the linen fibre is extracted from the root to the stem.</p>
<p>Hemp</p> 	<p>Hemp fibre is obtained from the root to the stem section of the hemp plant, hence is called a bast fibre, produced in China.</p>
<p>Jute</p> 	<p>Jute fibre is obtained from the stem of the jute plant. Jute is the strongest vegetable fibre produced in Bangladesh.</p>
<p>Ramie</p> 	<p>Ramie is a bast fibre grown in Brazil and China, where it is known as China grass.</p>
<p>Abaca</p> 	<p>Abaca is a leaf fibre extracted from the leaf sheath around the trunk of the manila plant produced in the Philippines.</p>
<p>Coir</p> 	<p>Coir is a hard, short and coarse fibre extracted from the shells of the coconut plant available in Brazil, India, Indonesia, Philippines, Sri- Lanka and Vietnam.</p>
<p>Sisal</p> 	<p>Sisal is obtained from the leaf of the sisal plant. Sisal native to southern Mexico but widely cultivated and naturalised in many other countries. It yields a stiff fibre used in making various products.</p>

Table 4.2 below shows sources of plant/vegetable fibres

Topic Summary

- Fibre is the basic unit in the manufacture of textile yarns and fabrics.
- In other words, a fibre is a minute hair-like substance that may be used to construct textile materials such as fabrics and yarns.
- Yarn is a generic term that describes continuous strand(s) of textile fibres, filament or staple, in a form suitable for knitting, weaving or intertwining to form textile fabrics.
- Textile fibres may be classified into two main classes, namely natural and man-made fibres.
- Natural fibres include those fibres that are obtained from plants or vegetables.
- The second group of natural fibres are those from the animal origin such as silk and wool.
- Textile fibres may be classified according to their chemical composition and method of manufacture into three groups, namely cellulosic, protein and synthetic fibres.
- Cellulosic fibres are the plant or vegetable fibres; protein fibres are the animal fibres, while synthetics are the man-made fibres.
- Man-made fibres include the regenerated fibres such as viscose rayon, acetate rayon and triacetate; while synthetic fibres include acrylic, nylon and polyester fibres.
- Wool, silk, hair and fur fibres are obtained from animal sources.
- The fleece of merino sheep is the source of the wool fibre; while the Angora rabbit produces the fur fibre.
- Cotton fibre comes from the seed pod of the cotton plant; whereas linen, hemp, ramie and jute are examples of bast fibres.
- Calico and corduroy are examples of cotton fabrics, while tweed and felt are wool fabrics.
- The care and use of fabrics largely depend on the fibre the fabric is made from.

End of topic revision exercise

1. Define the following terms related to textiles:
 - a) Filament fibre
 - b) Staple fibre. [4]
2. Describe how synthetic staple fibres are produced. [4]
3. Which type of fiber is referred to as 'cellulosic?' [2]
4. Suggest two commonly used fibres from plant sources. Remember to give the part of the plant used as the fibre. [2]
5. Name four sources of animal fibres. Give the name of the fibres from each source mentioned. [6]

Practical work

1. Collect three cotton fabric swatches and paste them in your exercise book.
2. Collect pictures that show the uses of different fabrics and paste them in your exercise book.
3. Write the use of that fabric next to each picture. [10]

Drawings – It involves drawing motifs of images depicting the desired textile designs and then print or apply the appropriate techniques to fix the motif onto the textile material. Drawings may include floral designs, pictures of objects, animals, birds and any other artistic designs.



Fig 5.3 Drawings used for textile designs

Printing - It involves hand printing which can be done at home and at school. Applying the prints with a block, a stencil or a screen and machine printing is now commonly used in the textile industry. The printing technique may be used to produce traditional African prints.

Roller printing - It is a technique that makes intricate geometric patterns to decorate Seshweshwe or Seshoeshoe fabrics originally used to make Sotho clothing.

The tie-dye technique - This technique produces beautiful and colourful designs which form a pattern. This technique is used in countries like Mali, Ghana, Nigeria and Senegal. According to the Mali culture, a cotton fabric called bogolan or bogolanfini is dyed with fermented mud or clay that has high iron content to create patterns in black and various earth colours. It is then exported to other countries for fine art and decoration.

Abomey applique technique - In Benin, an appliqué technique called abomey, is used to decorate fabrics for buildings, flags, umbrellas and wall hangings.

Bushman paintings - These paintings depict the Bushmen way of life. As the name implies, Bushmen were typical hunter-gatherers, hence textile designs that show their lifestyle usually show men with bows and arrows. In Zimbabwe, Bushman paintings appear in the caves at the Matopo Hills near Bulawayo.



Fig 5.4 Different kinds of printing



Fig. 5.5 Seshweshwe fabric



Fig 5.5 Tie-dye forming a beautiful pattern



Fig 5.6 Wall hanging



Fig 5.7 Bushman paintings



End of topic revision exercise

1. What design is used to depict the lifestyle of Bushmen? [2]
2. Identify any three fabric design methods commonly used by Zimbabweans. [3]
3. a) Choose one African culture, study it and draw its textile designs.
b) Prepare a potato or wooden block or a stencil for this design and use it to print this design on fabric. [4]

Practical work

1. In groups, research on two different cultures or groups of people who create design printing to communicate their culture or tradition include the following:
 - a) Drawing representing the design.
 - b) Explain what that design communicates to that culture.
 - c) Describe the process used to apply the design on to the fabric.
 - d) Give reasons for using those colours and such fabric for that textile material. [20]

SAMPLE



TOPIC 6

PATTERNS

Units covered

- 6.1 Body dimensions and Proportions
- 6.2 Types of Patterns
- 6.3 Laying and Cutting out and Transferring Pattern Markings

Introduction

This topic focuses on how basic body measurements are taken, different types of patterns which can be used by a designer. Points to consider when laying and cutting out patterns on fabrics and different ways of transferring pattern marking will be explained.

The other information found with the pattern are steps or order of sewing the garments. These patterns save time and labour since they are tested before selling them. These are useful to beginners as they have clear instructions to be followed.

Advantages of bought or commercial patterns

- They have clear instructions on each pattern piece.
- Step by step method of working the garment is available.
- Saves time and labour.
- Tested before selling.
- Different styles and designs are available.
- They have information on suitable materials and notions.

Disadvantages of bought or commercial patterns

- They are expensive.
- Not readily available.
- They need adjustments and alterations to fit the wearer.
- Paper used is very light and can easily tear.



Fig. 6.5 Commercial patterns

Activity 6.2

1. Collect different types of commercial patterns which can be used to make a skirt or short to fit your size. Read the instructions on different pattern pieces.
2. Visit a modern clothing factory that uses digital software to create patterns. Ask them to demonstrate how they create the patterns.

UNIT 6.3

LAYING AND CUTTING

Objectives

By the end of this unit, learners should be able to:

- Explain points to consider when laying and cutting out patterns on fabric
- Identify and transfer necessary pattern markings.

What is laying and cutting?

This is the placing of different pattern pieces on a piece of fabric. One has to follow instructions on the pattern pieces and then cut the patterns according to the pattern markings.

Points to consider when laying patterns

1. Press all pattern pieces before laying them on the fabric to remove creases and any folds.
2. Follow the layout guide when using commercial patterns.
3. Choose the right layout which should be economical depending on various fabric types and widths.
4. Grain lines should be parallel to the selvedge in most cases. It should tell the direction one should place pattern pieces on the fabric.
5. Pinning of pattern pieces should be done so that the pieces do not shift when cutting the fabric.

How to lay patterns on the fabric?

- It is important to follow instructions on the pattern pieces when laying and cutting pattern pieces.
- Grain lines should fall correctly throughout each pattern piece in order to get the best results of finished garments.
- Pre-shrink the fabric if necessary.
- Straighten the fabric to ensure grain lines are straight by pulling, snipping or cutting the raw edges straight with the grain.
- Start laying the big pieces following instructions on the pattern pieces.
- Keep all pins pinned on the inside of the pattern pieces so that when cutting the fabric, no pins get caught in the scissors.
- Pattern weights can also be used instead of pins.
- Cut the pattern pieces following the pattern templates with a sharp scissors or shear.

Exercise 7.1

1. What is a temporary stitch? [2]
2. Identify any four uses of temporary stitches. [4]
3. Compare and contrast even and uneven tacking. [4]
4. Diagonal tacking is mainly used when applying interfacing to which garment sections? [1]
5. Explain how tailors' tacks are worked. [3]

Permanent stitches

Permanent stitches are the stitches that form part of the stitched garment. Joining stitches are used to stitch two or more pieces of work together, forming them into an article. Neatening stitches are used to neaten raw edges on single or multiple fabrics. Decorative stitches are practised as art on all kinds of pliable material using different types of thread, stones, shells, beads, sequins and pearls. Decorative stitches are mainly used to decorate garments, home furnishing items and other articles. They are also known as embroidery stitches.

Joining stitches

a) Back stitch

Back stitch is considered a very strong stitch and it can be used as a substitute for machine stitching. It is mainly applied when extra strength is needed. It is very useful for making strong seams and for finishing off a line of stitching. Stitches on the front of the work appear continuously. They are even and evenly spaced on the face of the fabric and overlap on the reverse side.

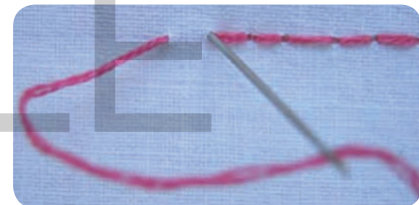


Fig 7.6 Back stitch

b) Machine stitching

This stitch is worked by a sewing machine. The wrong side (W.S) and the right side (R.S) are similar in stitch length and stitch formation. It is the most common stitch that serves as the backbone for nearly all sewing machine varieties. Upper (spool) and lower (bobbin) thread tension should be balanced for a more secure seam.



Fig 7.7 Machine stitch

c) Over sewing

Over sewing is a stitch that is used to finish seam edges on fabrics which fray easily. Hold the fabric with the edge to be worked away from the worker. Insert the needle 4mm to 6mm from the edge and bring the thread over the fabric. Make the next stitch 4mm further on.

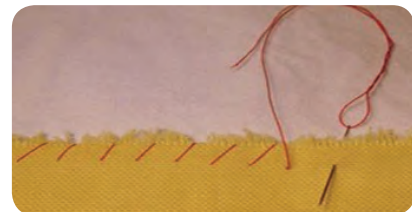


Fig 7.8 Over sewing stitch

the front side, beside the previous stitch. To make the stem stitch, the work should begin at the end of the line nearest to you and pointing the needle towards you, progressing away to make the stitches. Keep the thread on the same side of the needle all the time.

b) Chain stitch

Chain stitch looks like a loop formed by passing the thread over the point of the needle, as the needle is pushed to the front side from the backside and securing it by the following stitch. Use a single thread than multiple strands. The distance between stitches should be kept equal. Bring the needle from below, upwards. The needle is inserted back into the same hole and taken out at some distance above it. The working thread is carried under the needlepoint. Pull the needle very gently, so the chain loop is made. Carry out the next stitch the same way, always inserting the needle into the hole made by the emerging thread. Continue in this entire line or the design. Work a chain stitch holding the thread which is being stitched firmly with the thumb. Adjust the loose thread and then adjust the chain stitch just made. Make a loop and pull the thread from the loop to end the stitch on the backside of the fabric.

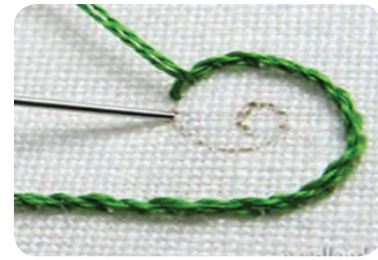


Fig 7.12 Stem stitch



Fig 7.13 Chain stitch

c) Satin stitch

Satin stitch is made by working parallel stitches close together to completely cover the design, from the front and back sides of the fabric. Satin stitch looks similar on both sides of the fabric. To make a neat and clear embroidered pattern, the design is outlined with running stitches. Bring the needle from below, upwards, at the beginning of the design. Insert the needle from above, downwards, at the other end of the design. Repeat the same process with stitches close to one another, pulling the thread gently to avoid puckering. Ensure that the thread does not overlap at curves. Make a loop and pull the thread from the loop to end the stitch on the backside of the fabric.



Fig 7.14 Satin stitch

Exercise 7.2

1. Describe permanent stitches. [2]
2. Distinguish the appearance of blanket stitch from satin stitch. [4]
3. Give any two uses of blanket stitches. [2]
4. How is a secure seam from the machine stitching ensured? [2]
5. Complete the following table on permanent stitches.

Working of the elastic in a casing method

	<ul style="list-style-type: none">• Turn and press 1/2 cm turning to the W.S. on the waistline edge.
	<ul style="list-style-type: none">• Make a second fold to the W.S. enclosing the first turning for the elastic casing.• The hem width should be the full width of elastic plus 1 1/2 cm• Allowance for smooth movement of elastic in the casing. The length is waist size minus 4 - 5cm or to required fitness.• To the elastic length, allow 1 1/2 cm for elastic overlap allowance.• Measure hem width as you go to make sure it is even then pin and tack.
	<ul style="list-style-type: none">• Stitch the hem down leaving a gap for inserting the elastic.
	<ul style="list-style-type: none">• Use a large and strong safety pin or bodkin to insert the elastic through the casing.• A large and strong safety pin will not open up inside the casing.• Have elastic ends protruding out as shown in the diagram.

UNIT 7.6

HEMS

Objectives

By the end of this unit, learners should be able to:

- List types of hems
- Mark a hemline
- Turn-up and secure a hem
- Use a hem marker.

What is a hem?

A hem is the edge finish at the end or bottom of a garment. Narrower hems are on a fine and thinner fabric whilst wider hems on a thicker fabric. Every hem that is made should be neat, strong and should suit the fabric type.

Types of hems

There are many types of hems made on the bottom edge of garments. The following are the common types of hems.

Plain hem

A plain hem is made by making a 3 - 5mm turning to the W.S. of the garment then make a second fold that encloses the first turning. The width of a wider hem is 3 - 6cm. After the second folding and tacking down, the hem is fixed with hemming stitches. Also, instead of making the first 3 - 5mm turning, the hem edge will be over-locked as shown in Fig 7.33. The hem will have one fold. **Over-locking** is done on thick fabric edges. The plain hem is mostly used on straight edges of skirts, trousers and blouses made of cotton, silk and light-weight synthetic which do not fray.

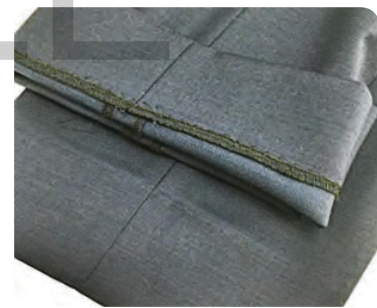


Fig 7.33 A trousers showing the hem

Marking of a plain hem

This can be done by using a dummy or have the wearer fit on the garment and have someone mark the hem.

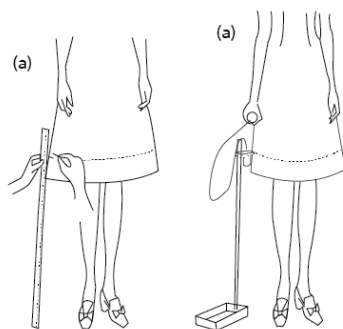


Fig 7.34 Making the plain hem

Dress maker's pins

They are also known as silk pins. They are used to hold fabric pieces in place when sewing, whether for clothing, crafts or household items especially patterns and hems. Ensure that you have the sharpest and finest (without rust) otherwise, the fabric will be stained.

Embroidery hoops

Embroidery hoops are used to hold fabric firmly while stitching. The embroidery hoop which stretches the cloth appropriately is available in many sizes. Plastic ones are used for stitching and wooden ones for framing embroideries. In hand embroidery we use a circular hoop where as in machine embroidery it is mostly a rectangular shaped hoop that is used.

Thimble

A thimble is used to keep fingers safe from the pricking needles and prevent blood staining on embroidery.

Seam ripper

A seam ripper is required to rip the stitches open if a mistake is made when working embroidery stitches.

Quilting rulers

Clear quilting rulers come in very handy when it comes to making embroidery patterns. These ensure that text and drawings are laid out with consistency and efficiency.

Punch needles

A punch needle is a pen-like tool and it is much larger than the other embroidery needles. It features a hollow needle attached to a handle. To use the needle, thread the needle then punch the needle end through the hooped fabric. It produces loops or piles of thread that sit on top of the fabric. It gives quick results and produces stunning textile art.

Water soluble pens

Water soluble pens are also preferred for transferring embroidery designs. They come in a variety of thicknesses. They are easy to use and they wash out easily with cool water.



Fig 8.15 Holding pins



Fig 8.16 Embroidery hoops for holding fabric



Fig 8.17 Thimble for protecting the fingers



Fig 8.18 Seam ripper for removing unwanted stitches

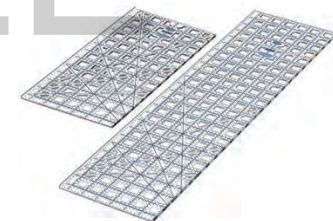


Fig 8.19 Quilting rulers



Fig 8.20 Pen-like needle for producing loops



Fig 8.21 Water soluble pens for transferring designs



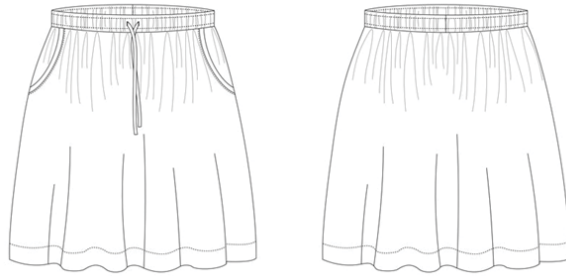
END OF TERM 2 TEST
SECTION A

Answer all questions in this section in the spaces provided.

1. Study the illustrations of the skirt below and answer the questions that follow.

FRONT

BACK



a) i) Identify a suitable fabric for the skirt.

.....[1]

ii) Give the following details of the fabric named above:

Colour.....
 Fibre content.....
 Structure.....
 Weight.....
 Feel.....[4]

b) Identify the type of skirt illustrated.

.....[1]

ii) State **five** major processes in the construction of the skirt.

.....

[5]

c) i) Name **two** types of seams that can be worked on the centre back of the skirt.

.....
[2]

ii) Name the type of pocket illustrated.

.....[1]

d) Explain **three** points to consider when choosing clothes for various occasions.

.....

[3]

e) i) Explain how you would mark the hem for this skirt.

.....[3]

SAMPLE



ii) Name the hem suitable for this skirt.
[1]

(f) i) Describe how to prepare the waistband for the skirt.

[3]

ii) If this is a school skirt for a Form 1 learner and it is too long for her, what can be done to the skirt patterns in order to obtain the right size?
[1]

iii) Name one pattern marking that is likely to be found on all the pattern pieces for the skirt.
[1]

SECTION B

Answer any **three** questions from this section on the separate answer paper provided.

1. a) i) Identify **three** types of pockets and identify where they are placed. [6]
 ii) With the aid of clear diagrams, describe the method of working a patch pocket. [6]
 b) What are the uses of pockets? [6]

2. a) i) Define soft furnishings. [2]
 ii) List **three** types of soft furnishings used in an office. [3]
 iii) Identify **three** types of fabrics suitable for embroidery. [3]
 b) i) State any **four** items for soft furnishing. [4]
 ii) Why are curtains important in a home? [6]

3. a) i) What is the difference between temporary and permanent stitches? [4]
 b) Give **two** examples of the following categories of stitches:
 i) Temporary stitches
 ii) Joining stitches [4]
 c) i) What is the difference between back stitch and machine stitch? [4]
 ii) Identify any **two** neatening stitches and describe their differences. [4]

4. a) i) What is a hem? [2]
 ii) Identify **three** positions on a garment where gathers can be worked. [3]
 b) Describe fully how can secure down the hem. [6]
 c) Explain how you would mark a hem using a meter stick. [4]
 d) Identify any **three** points when choosing hems. [3]

5. a) i) List **four** categories of seams. [4]
 ii) With the aid of clear diagrams describe the working of a French seam. [6]
 iii) Identify any **four** stitches that can be used to neaten skirt seams. [3]
 b) Identify any **four** considerations when choosing a seam. [4]

SAMPLE

3. Drying



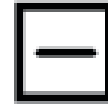
Tumble dry



Line dry



Drip dry



Dry flat

The wringing and drying process removes excess water from the washed items.

4. Ironing



Iron



Cool iron



Warm iron



Hot iron



Do not iron



Steam



Do not steam

Ironing removes creases and folds from the fabrics formed during use of clothes and washing processes.

5. Dry cleaning



Dry clean



Dry clean in all solvents



Dry clean in Perchloroethylene



Do not dry clean

Instead of ordinary washing, the dirt is removed by a solvent action and grease absorbents. These do not wet and penetrate the fabric as water does.

Activity 10.1

In pairs, look at the care labels of your uniforms and interpret the meanings.

Exercise 10.1

1. What do you understand by the term care label? [2]
2. Identify the basic symbols used for washing, bleaching, drying, ironing and dry cleaning activities. [6]
3. What are the benefits obtained from reading care labels on clothes? [2]
4. How do you differentiate a hot iron from a warm iron using care labels? [4]
5. What does a circle in a square signify? [2]

- Ironing temperatures to suit the different fabrics are used for pleasing results. Cotton is ironed with hot irons, while synthetics and rayons are ironed with moderately hot irons. Woollens too are pressed with a hot iron but over a damp muslin cloth.

Exercise 10.2

1. Identify five points to justify the importance of care labels on garments. [5]
2. Why is it always important to read care labels before clothes? [2]
3. Why should you not remove the care label from a garment? [2]
4. Do care labels help consumers in deciding which garment to buy and why? [2]
5. Does reading the labels on a garment help consumers in determining whether they will afford the garment or not? Explain your answer. [4]

Topic Summary

- Care label or symbol is a permanent tag that contains necessary information and instructions for washing, bleaching, drying, ironing and dry cleaning.
- Caring and maintenance activities are guided by care labels.
- Good care and maintenance of clothing and other textile items result in continued usefulness, delayed deterioration or wearing out.
- Good looks and strength of articles can be damaged by wrong washing, drying, bleaching, ironing and dry cleaning.
- Care and maintenance label interpretation is most important to get textile articles last long and maintain good looks.
- Care labels provide information on the temperature setting to be used for washing and ironing.
- Without care information, the consumer might face difficulties in the caring and maintaining their textile articles.
- Always ensure that you follow the manufacturers' advice for the textile articles to keep their colour, shape, texture and strength.

End of topic revision exercise

1. What is a care label? [2]
2. Give the meanings of the care label symbols shown in the following table. [5]

Symbols	Meaning/Instruction
