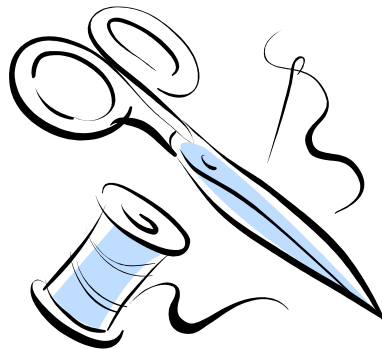




FACS
7th Grade
**Hand Sewing,
Fabrics,
And
Clothing Maintenance**



NAME: _____ Period: _____

Activity 85

Know Your Fabrics

Directions: Complete the concept map on characteristics of fabrics. Use terms and phrases from your textbook.

Fabric Fibers ...

1. Fibers are made of either natural or _____ materials.
2. Cotton and linen are _____ fibers that come from _____.
3. Fabrics made from natural fibers absorb _____.
4. Synthetic fabrics dry _____ than natural ones.

Fabric Grain ...

1. Grain is the _____ the threads run in a fabric.
2. Well-made clothes are cut _____.
3. If the fabric is _____, the garment will sag.
4. Test the grain in pants at the back of the _____.

Fabric Finishes ...

1. Finishes improve the _____ of a fabric.
2. Some finishes make caring for the garment _____.
3. Find out what finishes a garment has by looking at the _____.
4. Clothes with a _____ finish need little or no ironing.

Name: _____
FACS Fibers

Mod: _____
Date: _____

Natural and Synthetic

Cloth begins with fibers.

Fibers: are hair like substances from nature or from chemicals.

Manufactured Fibers: are fibers created in a laboratory. They are produced from the natural substance cellulose, or from chemicals.

ACETATE:

😊 _____
😊 _____
😊 _____

NYLON:

😊 _____
😊 _____
😊 _____

POLYESTER:

😊 _____
😊 _____
😊 _____
😊 _____
😊 _____

ACRYLIC

😊 _____
😊 _____
😊 _____
😊 _____

SPANDEX

☺ _____
☹ _____

RAYON

☺ _____
☹ _____
☹ _____
☹ _____

NATURAL FIBERS: Fibers produced organically in nature.

Plants or animals

SILK

☺ _____
☺ _____
☹ _____
☹ _____

COTTON

☺ _____
☺ _____
☹ _____
☹ _____

WOOL

☺ _____
☹ _____
☹ _____

LINEN

☺ _____
☹ _____
☹ _____
☹ _____

Activity 87

Tag Talk

Directions: Every garment you buy is accompanied by tags and labels that state the garment's fiber content and provide guidelines for its care. Read and compare the sample tags below. Use the information to answer the questions that follow.

Garment 1



Garment 2



(Continued on next page)

Activity 87 *continued*

Garment 1

1. What is the brand name of the garment? _____
2. What is the fiber content of the garment? _____
3. What finish was used on the fabric? _____
4. Describe the care of the garment. _____

5. What is the price of the garment? _____
6. Estimate the cost per wearing if you wore the garment 35 times. _____
7. What else can you tell about the garment from its care tag? _____
8. Describe a garment on which this care tag might appear. _____

Garment 2

1. What is the brand name of the garment? _____
2. What is the fiber content of the garment? _____
3. Describe the care of the garment. _____

4. What special cautions are given regarding the care of the garment? _____

5. What is the price of the garment? _____
6. Estimate the cost per wearing if you wore the garment 35 times. _____
7. What else can you tell about the garment from its care tag? _____
8. Describe a garment on which this care tag might appear. _____

Gone with the Wash

1. What was lost? _____
2. Why do clothes NOT come clean in the wash?

3. Whites must always be washed in _____ water.
4. Dark clothes must always be washed _____.
5. Wash in cold water to prevent _____
6. Towels should be washed with similar _____
7. Two types of bleach are _____ bleach which is used on _____ clothes
and _____ bleach which is safe for _____.
8. Bright colors can _____ on to white or light colors.
9. You should always _____ a stain before washing.
10. Where was the stolen item found? _____
11. What should you do to the clothes before doing the wash?

12. Permanent press clothes should be washed in _____ water.
13. Hand washables should be washed in _____ water.
14. Delicates should be washed in _____ water.

READ CARE LABELS

SORT CLOTHES CAREFULLY

PRETREAT STAINS AND VERY DIRTY
AREAS BEFORE WASHING

SELECT THE RIGHT PRODUCTS FOR THE JOB

READ AND FOLLOW PACKAGE DIRECTIONS

USE THE RIGHT WATER TEMPERATURE

SET THE WASHER TO THE RIGHT WASHING ACTION

RINSE THOROUGHLY

DRY CLOTHES PROPERLY

FOLD AND PUT AWAY

Laundry Guide to... Common Care Symbols

Developed by
Textile Industry Affairs. www.carelabels.com

Machine Wash,
Warm

Non-chlorine
Bleach

Iron, Steam
or Dry, with
Medium Heat

Tumble Dry,
Low Heat

Care Labels: Your Guide to Easy Care

Care labels provide helpful information that can save you time and money.

Cleaner, fresher clothes means longer-wearing apparel.

And clothes that are bleachable are easier to get clean.

When a care label doesn't mention bleach or says "Bleach when needed," it means it is safe to use Clorox liquid bleach. When the label says "Non-chlorine bleach when needed" use a non-chlorine (color-safe) bleach like Clorox 2®.

Because clothes can be mislabeled, follow the easy directions on bleach container labels to test fabrics for colorfastness.

	Machine Wash, COLD		Machine Wash, COLD Permanent Press		Machine Wash, COLD Gentle Cycle		Hand Wash
	Machine Wash, WARM		Machine Wash, WARM Permanent Press		Machine Wash, WARM Gentle Cycle		Do Not Wash
	Machine Wash, HOT		Machine Wash, HOT Permanent Press		Machine Wash, HOT Gentle Cycle		

	Bleaching INSTRUCTIONS		Bleach as needed Any bleach, like Clorox®, may be safely used		Do Not Bleach No bleach product should be used including detergents with bleach - or follow bleach package test procedures to test for bleach safety.
			Non-chlorine Bleach as needed Use only a color-safe bleach, like Clorox 2®		

	Drying INSTRUCTIONS		Tumble Dry, NO HEAT		Tumble Dry, Permanent Press, NO HEAT		Tumble Dry, Gentle Cycle, NO HEAT		Do Not Tumble Dry
			Tumble Dry, LOW HEAT		Tumble Dry, Permanent Press, LOW HEAT		Tumble Dry, Gentle Cycle, LOW HEAT		Line Dry
			Tumble Dry, MEDIUM		Tumble Dry, Permanent Press, MEDIUM		Tumble Dry, Gentle Cycle, MEDIUM		Drip Dry
			Tumble Dry, HIGH						Dry Flat

	Ironing INSTRUCTIONS		Iron, Steam or Dry, with LOW HEAT		Do Not Iron with Steam
			Iron, Steam or Dry, with MEDIUM HEAT		Do Not Iron
			Iron, Steam or Dry, with HIGH HEAT		

	Drycleaning INSTRUCTIONS		Dryclean May appear with additional letters and/or lines Take this item to a professional drycleaner		Do Not Dryclean
--	------------------------------------	--	--	--	-----------------

19 LAUNDRY QUESTIONS

Have you ever faded your favorite article of clothing? Shrunk your favorite jeans? Or washed a sweatshirt with a pen in your pocket? If yes, then you know firsthand that there are do's and don'ts when it comes to doing the laundry. Test your smarts with the following questions.

Laundry Aids or Specialty Products

Certain products improve cleaning when used with soap or detergent.



1. To keep whites- white and colors bright, sort and separate your clothes before washing them!!!
2. Denim, lacy blouses, and knit sweaters will all come clean and look great if you read the __ r __ L ____.
3. Guessing games are fun—but not when you're doing laundry. Always follow the manufacture's __ s _____.
4. ____ I ____ the washing machine and your clothes will not come clean. WHY? There won't be enough room for the laundry to circulate.
5. Pull yourself together! Wash loosely knit articles, clothes with delicate stitching or lace trim, and hand washables on this cycle.
 - a. Regular or normal
 - b. Gentle or delicate
 - c. Permanent press

6. You washed your black corduroy pants with a fluffy white towel! Bad News!!
To avoid lint problems, wash lint catchers, such as permanent press and corduroy, separately from lint makers, such as towels and fuzzy sweaters.
TRUE_____ or FALSE_____
7. Oxygen bleach can only be used on clothes that are labeled "bleach safe".
TRUE _____ or FALSE _____
8. Does it look like Pac Man ate some holes in your favorite white shirt?
Chances are you've been pouring this product on your clothes right from the container and have weakened the fabric.
A. Fabric softener
B. Chlorine bleach
C. Eat-em up laundry detergent
9. Wash your jeans, linens, towels, and other sturdy fabrics, using this washing machine cycle.
A. normal or regular
B. gentle or delicate
C. permanent press
10. Do you get a "charge" out of all your clothes?
__ b__ _ _ _ t__ _ _ _ (2 words) eliminates "static cling" from your clothes, minimizes wrinkling, and makes everything fluffy.
11. Don't be left out in the cold; leave your clothes there! A cold rinse can be used for all laundry.
TRUE _____ or FALSE _____
12. Do your clothes look like ET'S skin? When the dryer stops, remove your clothes immediately to prevent w _ _ _ _ _ _ _ _.
13. How come your just washed down jacket feels like lumpy potatoes? To get rid of clumps caused by machine washing, you should:
A. Hang to dry
B. Use dryer balls or clean sneakers to break up the clumps
C. Pull at the fabric to separate the clumps

14. Use a short wash cycle to zap your extra dirty duds and a longer cycle for your lightly soiled stuff.

TRUE _____ or FALSE _____

15. Your bright red sweater is fading fast. To prevent this use:

A. Hot wash, warm rinse

B. Hot wash, cold rinse

C. Cold wash, cold rinse

16. The higher the water level the cleaner the clothes!

TRUE _____ or FALSE _____

17. Calling all slobs! By _ r _ - _ _ _ _ t _ _ _ stains before washing, you can remove spots and hide your true nature.

18. Do a spot check! Before washing, soak your shirts in this to remove body soil from collars and cuffs, perspiration stains, and food stains.

A. Water

B. Starch

C. Enzyme pre-soak

19. Save energy! Stuff two or more loads of laundry into the dryer at once.

TRUE _____ or FALSE _____

Clothing Care Unit
Laundry Home Project

Name _____ **Grade** _____ **Period** _____
Teacher-

(CIRCLE ONE)

Directions: You are to wash/help with the family's laundry. This activity will include all the steps we learn in class. Answer the following questions. To get credit for this assignment you must turn it in to your teacher.

READ THE LABELS

1. What types of clothes did you wash?

2. What information did you find on the care labels? _____

SORT THE CLOTHES

3. How many loads of clothes did you wash?

4. How did you determine what clothes went in which load? _____

PREPARE AND PRE-TREAT

5. List 1 step you did to prepare the laundry. _____

6. What type of stains did you find and how did you pre-treat them?

WASH

7. What water temperature did you use and why?

8. What amount and kind of detergent did you wash with?

9. Which washing cycle did you chose?

10. What temperature was the rinse cycle and did you use fabric softener?

DRY

11. What temperature did you dry the clothes at?

12. Explain why you picked the temperature you did.

13. Did you use a dryer sheet?

Why? _____

FOLD, IRON, HANG UP OR PUT AWAY

14. Name the final step you chose.

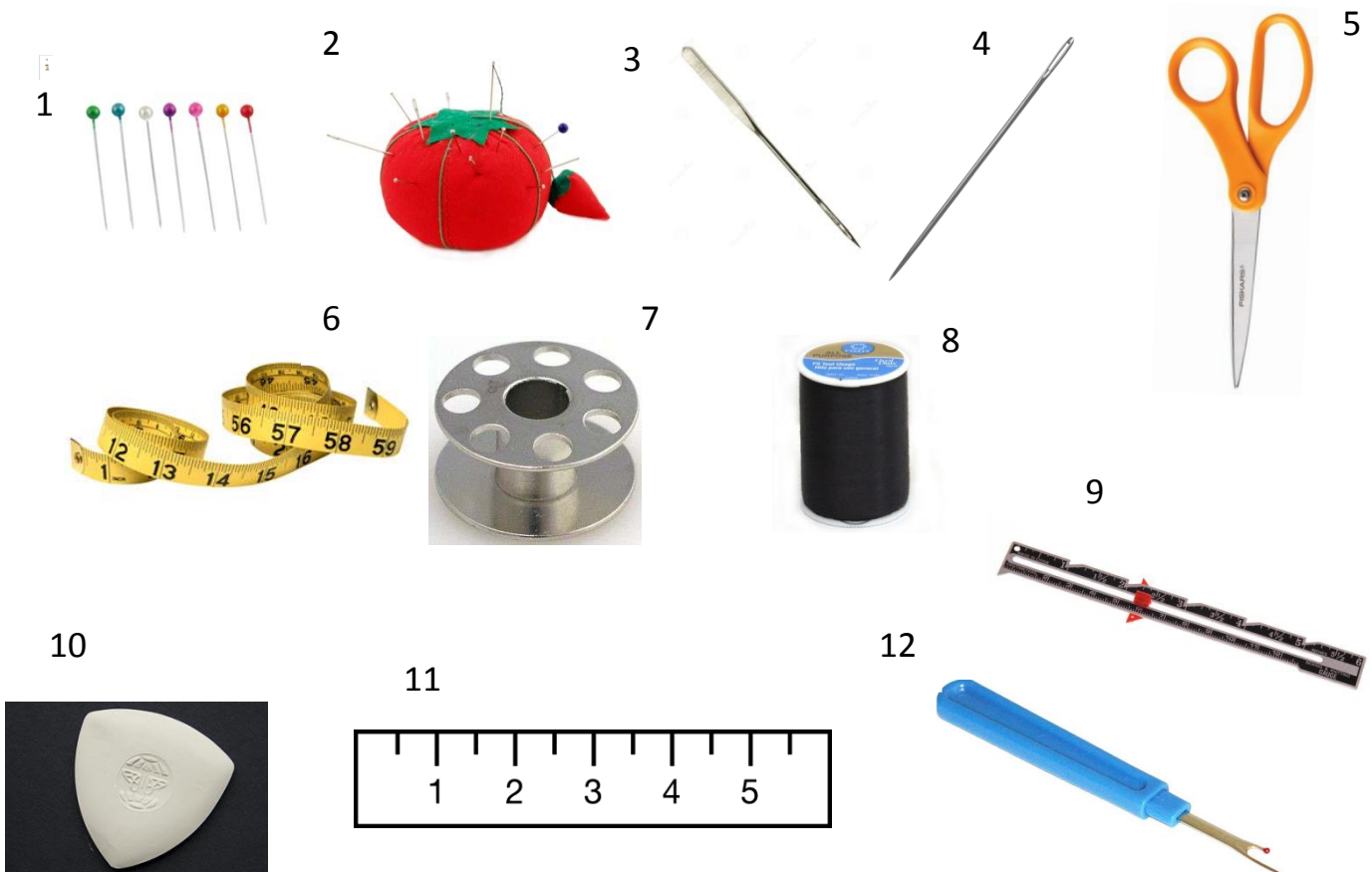
15. Explain. WHY?

PARENT/GUARDIAN'S SIGNATURE: _____

COMMENTS: _____

Sewing Tools

1. **Straight Pins.** Used to hold pattern to fabric or two layers of fabric. Must lay flat on fabric
2. **Pin Cushion.** Keeps pins safe and easy to access
3. **Sewing machine needles.** Sharp point on one end where thread goes; shaped end on other to insert into sewing machine.
4. **Hand Sewing needles.** Sharp point on one end; opening on other to insert thread
5. **Fabric scissors/Shears.** Used for cutting fabric. One handle larger than the other. DO NOT CUT PAPER WITH THESE!!!!
6. **Measuring tape.** Has both metric and inch measurements. It is 60 in long and is used for measuring fabric or bodies (curvy lines)
7. **Bobbins.** a cylinder or cone holding thread, yarn, or wire, used in machine sewing
8. **All-purpose thread.** This is cotton-wrapped polyester thread and is widely available for sewing. This is suitable for using with most fabrics and is cheap and easily obtainable. It is not, however, a good thread to use for embroidery projects.
9. **Seam Gauge.** a six inch metal or plastic ruler with adjustable sides. These are particularly useful for measuring seams, hems, and buttonholes or pleats.
10. **Tailors Chalk.** This is washable. But only visible on dark color fabric. And not as precise in its markings since the tip is thicker
11. **Ruler.** A tool used to measure straight lines. Measures in metric and inches and is 12 in. long
12. **Seam Ripper.** Its point lifts up stitches and its sharp curved blade cuts thread. Used to remove stitches



Activity 94

Sewing Tool Scramble

Directions: The scrambled words in the sentences that follow have to do with sewing tools and procedures. Unscramble the letters and write the letters of the correct words in the spaces provided.

1. **SPNI** are used to secure pattern pieces to fabric. _____
2. A sewing **GGEAU** can be used to measure short spaces. _____
3. A(n) **NTSABGI** stitch can be used to sew pieces together temporarily. _____
4. **RESASH** usually have a raised handle for easier cutting out of pattern pieces. _____
5. The **GGZZIA** stitch is useful for finishing seam edges and making buttonholes. _____
6. A(n) **EBTLMHI** protects your finger while you are hand sewing. _____
7. **GKPNIIN** shears have a zigzag edge and are used to trim raw edges of fabrics. _____
8. The **EOFNRICTEEMR** stitch is a short stitch used to strengthen a corner or point. _____
9. **SSCRISSO** are used for trimming, clipping, and cutting threads. _____
10. A(n) **NNUIPSCOHI** is a safe place to hold pins and needles. _____
11. You will use a(n) **MSAE PPRRIE** to remove stitches. _____
12. The flexible fabric or plastic strip used to take body measurements is called a(n) **EPTA EMRSAUE**. _____

Sewing Safety Tips



1. Using sewing scissors correctly

Paper scissors are used on PAPER products, Sewing Shears or scissors are used ONLY on fabric or thread. Carry scissors CAREFULLY point DOWN and securely in your hand. DO NOT snip in mid-air repeatedly. The scissors should be kept closed when not in use and set securely on a surface not swinging around in your hand. Put scissors away after using them. This will keep them in better use and discourage someone from mistaking them for common scissors to cut paper or other projects. Sewing Shears are kept in number order in back cabinet.

2. Using Pins

Be careful not to stick fingers with the pins when sewing. If you drop your needles or pins, be sure to pick them up so they don't get stepped on. A magnetic pin cushion works great for this. Holding it in one hand you can sweep the sewing area and the magnet will pick up hard to find needles or pins.

Don't sew over your pins. Always take the pins out when you are sewing. This is not only dangerous but is not good for the sewing machine needle or needleplate.

3. Seam Ripper

The seam ripper can be dangerous if not used carefully. Always be careful when ripping out seams with it. Be sure to "rip" seams away from you.

4. Heads up

Keep your head up while you're sewing on the sewing machine.

5. Watch your hands

When sewing on the sewing machine keep your hands away from the needle. Hold your material with your hand guiding, but keep hands at a safe distance.

6. More Safety Tips

Having good light and taking your time when sewing are good tips that will help your projects be successful as well.

7. Be careful!!

Activity 91

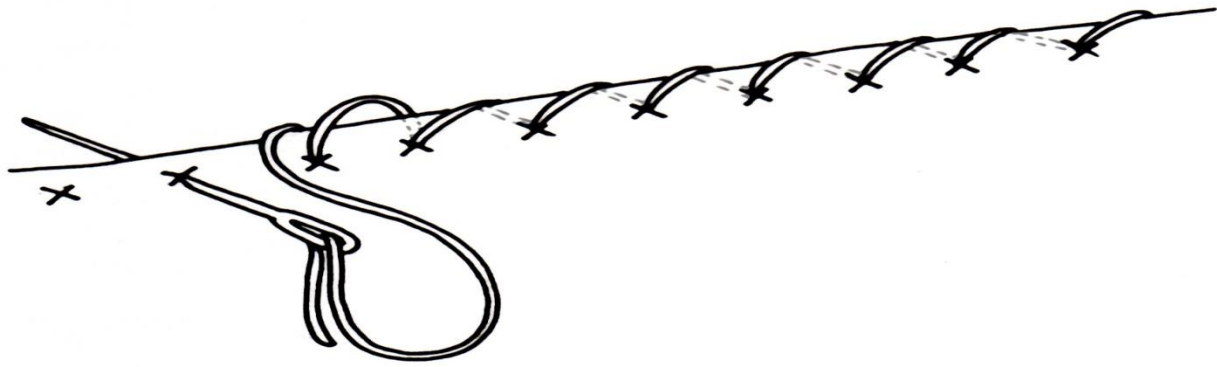
Knowing Your Sewing Machine

Directions: To sew most efficiently, you need to understand the parts and functions of a sewing machine. Most sewing machines have parts that are similar. Read the name of each part below and match it to its function by writing the correct letter on the corresponding blank line. Then study the sewing machine diagram. Label each part with the appropriate number.

Name of Part**Function**

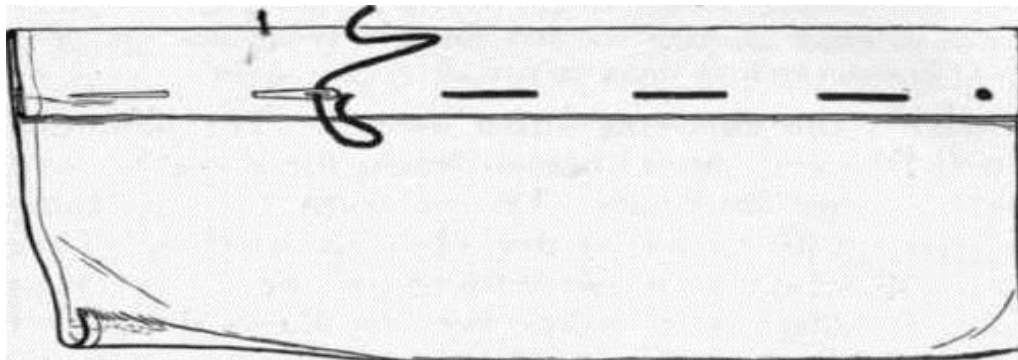
- | | |
|----------------------------------|--|
| _____ 1. stitch regulator | A. contains guideline markings that help keep stitching straight |
| _____ 2. bobbin | B. holds bobbin while thread is wound on it |
| _____ 3. take-up lever | C. controls the length of the stitches |
| _____ 4. presser foot | D. move fabric forward with each stitch |
| _____ 5. throat plate | E. feeds the thread that forms the upper part of the stitch |
| _____ 6. reverse feed button | F. determines whether zigzag or decorative stitch is narrow or wide |
| _____ 7. hand wheel | G. small spool that holds thread inside machine |
| _____ 8. feed dogs | H. hold thread spools in place |
| _____ 9. thread tension control | I. holds fabric in place |
| _____ 10. stitch width control | J. regulates tightness or looseness of thread |
| _____ 11. bobbin winding spindle | K. feeds thread from spool to needle; moves up and down as needle moves |
| _____ 12. spool pins | L. moves take-up lever and needle up and down |
| _____ 13. needle | M. control that allows machine to stitch backwards |

(Continued on next page)

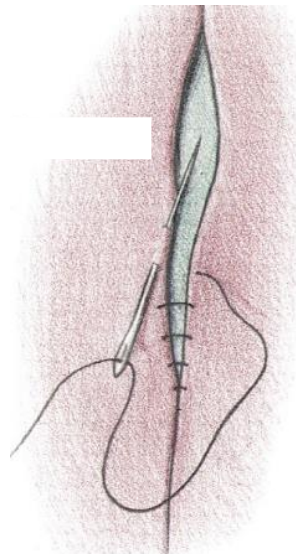


Overcast Stitch – Prevents raw edges from raveling. Making diagonal stitches over the edge, spacing them out equally and make them all the same length. Catch a thread from the under-fabric before taking a stitch at the edge. Be careful not to pull the stitches too tight. Good for attaching small felt pieces or sewing two pieces of fabric together. Usually done with fabric good sides facing each other so that stitches will not show when turned right sides out in the end.

Basting Stitch – Temporarily holds two pieces of fabric together. Long spaced out stitches.



Invisible Stitch/Blind Stitch - A blind stitch in sewing is a method of joining two pieces of fabric so that the stitch thread is invisible, or nearly invisible.



Activity 91 *continued*

