

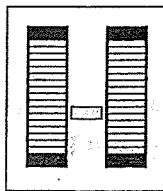
Parts of the Sewing Machine

Use your owner's manual to locate these machine parts.

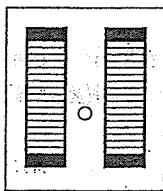
1. **Power switch**—turns the machine on and off.
2. **Presser foot**—holds the fabric in place during sewing. Always lower the foot when sewing. Lift the foot to remove fabric when you're finished sewing.
3. **Presser foot lifter**—raises and lowers the presser foot.
4. **Throat plate**—a metal piece on the base (bed) of the machine under the presser foot. It contains openings for the feed dogs and the needle.



Some sewing machines include two types of throat plates: a zigzag throat plate and a straight stitch throat plate. The **zigzag throat plate** has a wide opening for the needle. This allows room for the needle to move from side to side. Always use this plate for zigzagging. The **straight stitch throat plate** has a small round hole for the needle. Use it when you stitch on lightweight fabrics to prevent puckering and skipped stitches. **DO NOT** use this plate for zigzagging, as the needle will break.

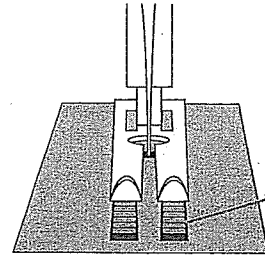


Zigzag throat plate



Straight stitch throat plate

5. **Feed dogs**—hold the fabric tight against the presser foot as stitches are formed. Feed dogs move back and forth to “feed” the fabric through the machine.



Feed dogs

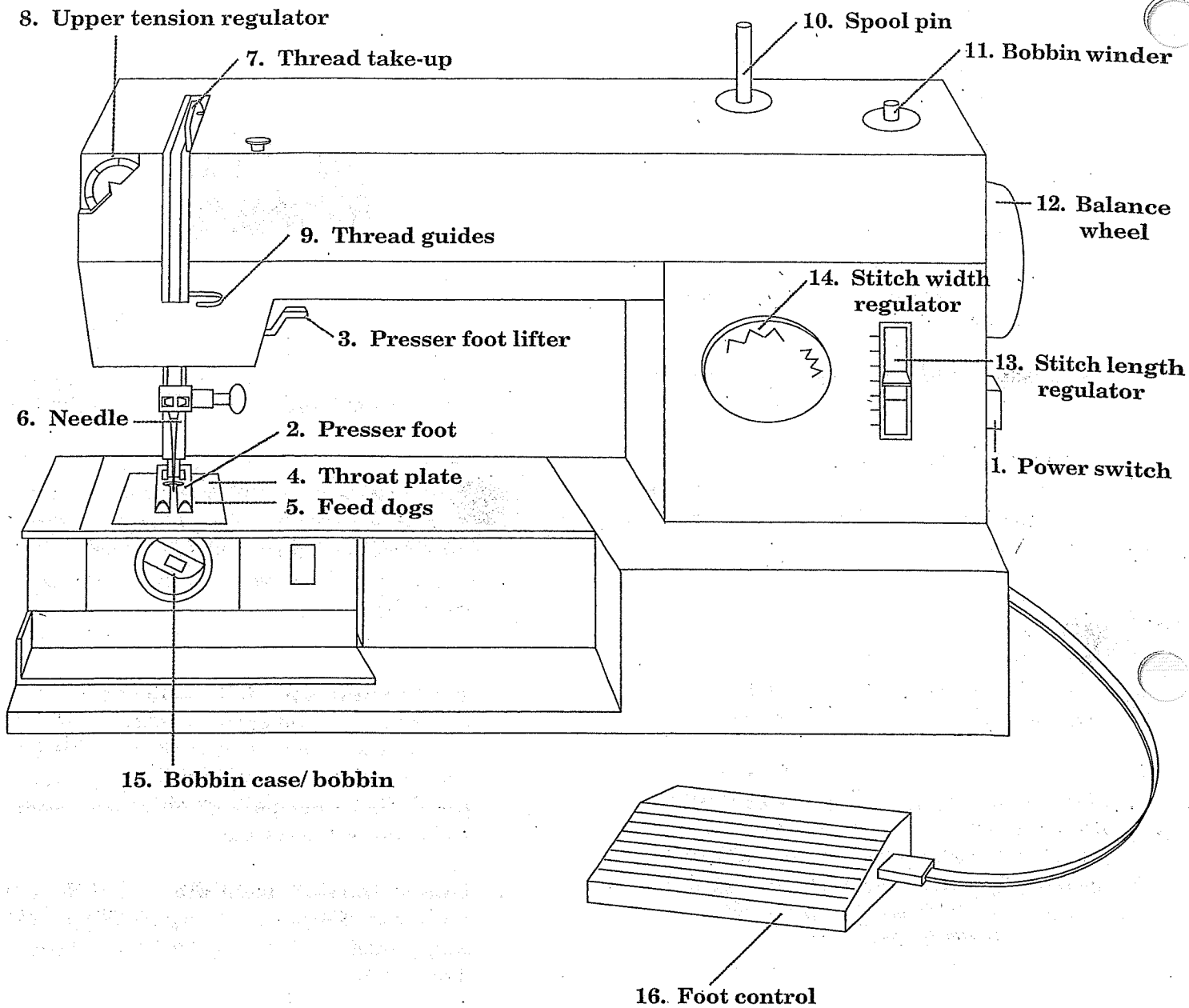
6. **Needle**—moves up and down through the fabric to form a stitch. The larger the size of a sewing machine needle, the thicker it is. Use a size 10 or 12 needle (European sizes 70 or 80) for sewing most cottons and blends.



It's a good idea to insert a new needle each time you begin a new project. Your stitching will look better, and you'll have less chance of snagging your fabric or having skipped stitches.

7. **Thread take-up**—moves up and down with the needle, taking up thread slack with each stitch. Always have this lever at its **highest point** when you stop sewing. This prevents the thread from pulling out of the needle when you start sewing.
8. **Upper tension regulator**—controls the tightness (tension) of the upper thread. On some machines, it may be a dial; on others it may be a disk.
9. **Thread guides**—hold the thread as it moves from spool to needle. The number and location of guides varies with different machines. Check your owner's manual to see where they are located on your machine.
10. **Spool pin**—holds the spool of thread.
11. **Bobbin winder**—holds the bobbin while thread is wound from the spool onto the bobbin.

Sewing Machine



12. **Balance wheel**—makes a turn with each stitch. You can use this wheel to move the needle up and down by hand without using the motor.

13. **Stitch length regulator**—determines how long each stitch will be.

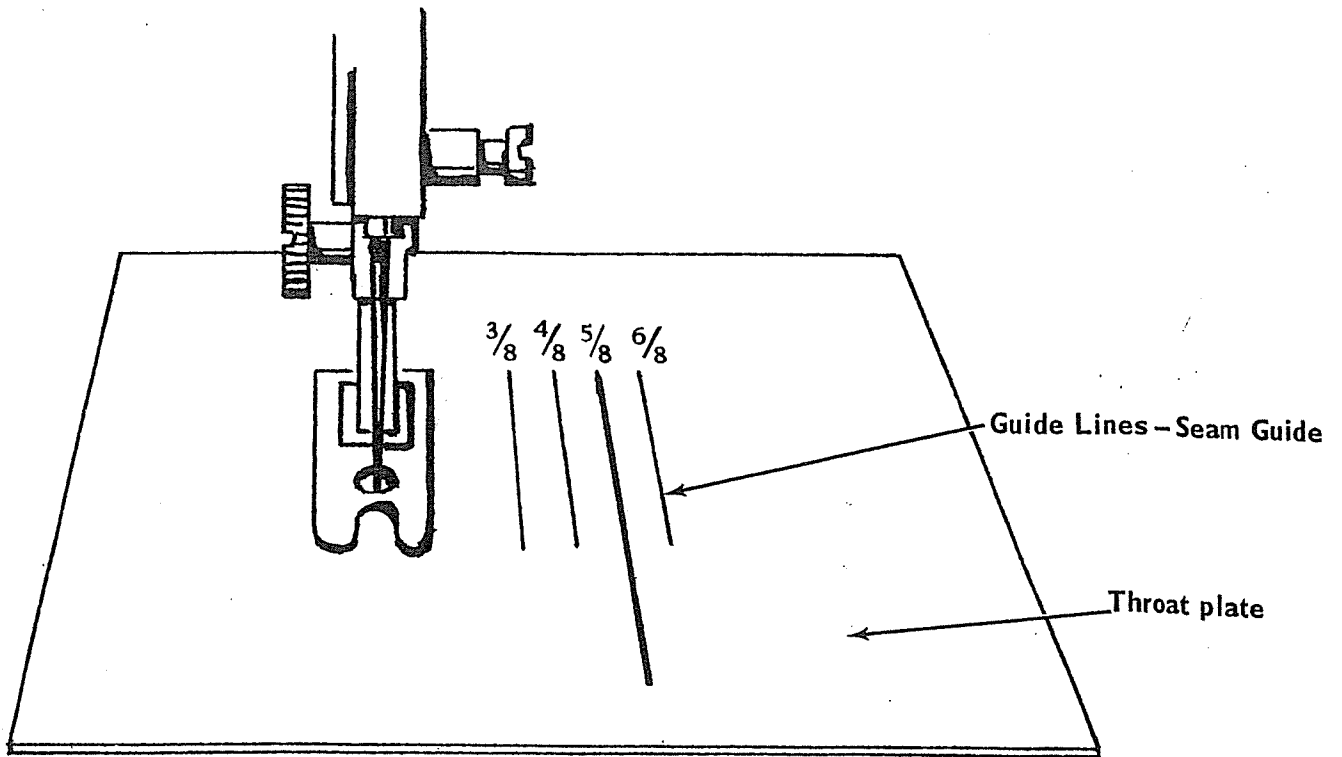
- Use 10-12 stitches per inch (3–2.5 mm stitch length) for sewing most seams.
- Use 6-8 stitches per inch (4–3.25 mm stitch length) for basting. Basting is a longer stitch which temporarily holds two edges together.

14. **Stitch width regulator**—determines how wide a zigzag stitch will be.

15. **Bobbin**—holds the lower thread.

16. **Foot control**—controls how fast or slow the machine sews. It's like the gas pedal on a car.

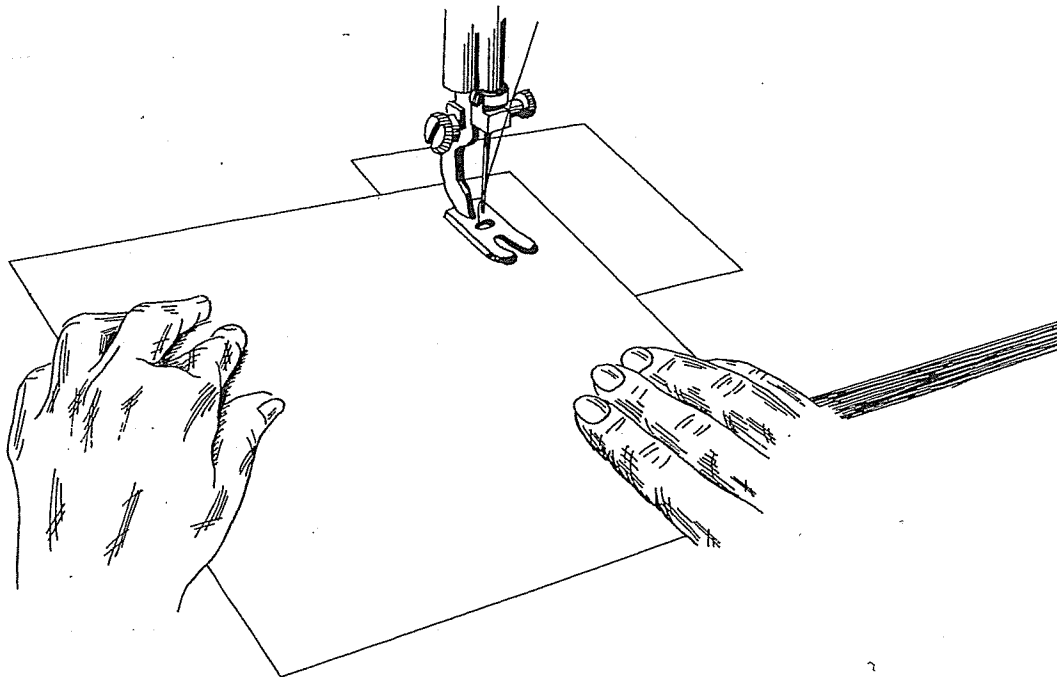
Most sewing machines have a seam guide imprinted in the throat plate. An example is this:



This will help you keep your seam allowances even and straight. To use the seam guide on your throat plate, you place the edge of your material on the 3/8" (3) seam line, put the needle down in the material, lower the presser foot and sew, keeping the edge of your material on the 3/8" (3) line. You will have a 3/8" seam allowance. To have a 4/8" or 1/2" seam allowance you keep the edge of your material on the 4/8" or 1/2" (4) line, if you want a 5/8" seam allowance you keep the edge of your material on the 5/8" (5) line, etc.

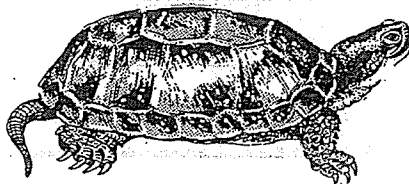
EXERCISE I. Straight Lines

1. Set the stitch regulator for approximately 8 stitches per inch.
2. Without threading the machine, use a plain piece of paper; line the paper up under the presser foot; turn the hand wheel towards you until the needle is in the paper, lower the presser foot; then continue turning the hand wheel and press gently on the knee lever or foot pedal. Always run your machine slowly for maximum control!!!
3. Your hands should be placed in this position to help guide the paper through the machine. Do not hold the paper too tight or try to push it. Just let the feed dog feed it through at its own pace.
Caution: Don't let your fingers get too close to the needle!!!



4. Practice going slow, starting and stopping your machine smoothly.
5. Try to sew a straight line on your sheet of paper.
Remember:

SLOW



6. After you have gained some control over your machine, trace the lines from exercise sheet A. on your paper. Sew on these lines, trying to follow the straight lines. Sew without thread.

Practice Your Straight and Zig-Zag Stitching.

Handwriting practice lines for straight and zig-zag stitching. The page contains 15 horizontal lines. There are faint, illegible markings and smudges scattered across the lines, particularly in the middle and lower sections.

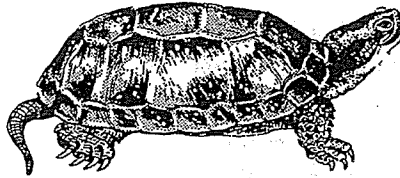
Faint, illegible text at the bottom of the page, possibly bleed-through from the reverse side.

EXERCISE III. Curved Lines

1. Trace exercise sheet D on your own paper. (Exercise sheet D, next page)
2. Set the stitch regulator to about 12 stitches per inch.
3. Stitch without thread. Lower the presser foot and begin stitching at the start of one of the lines.
4. Going very slowly, try to stitch exactly on the first curved line. When you're done, sew on the next row.

Remember:

SLOW



5. If need be – trace more practice sheets just like this one. (D) Practice sewing some curved lines.

When you think you are doing a good job trace the final exercise sheet (E) on your paper. Stitch around on the line from the outside to inside keeping your stitches on the line. (Once again stitch without thread.) Place your final sheet in your sewing notebook.

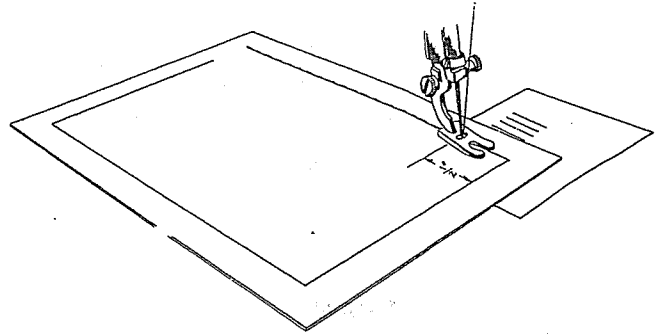
EVALUATE your stitching in EXERCISE III.

1. Do the lines of your stitching follow the lines on the paper?
YES _____ NO _____
2. Do you feel you can control your stitching better?
YES _____ NO _____

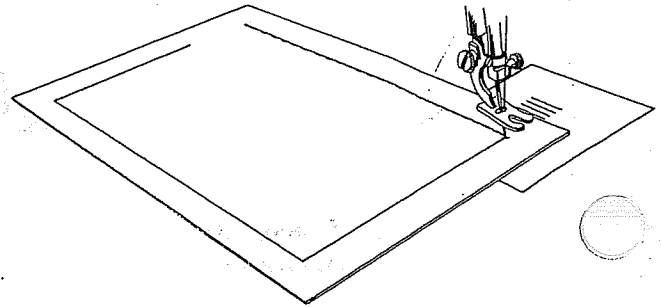
EXERCISE II. Square Corners

1. Using exercise sheet B (next page) trace the lines on your paper.
2. Set the stitch regulator for about 12 stitches per inch.
3. Without using thread, lower the presser foot and begin stitching.

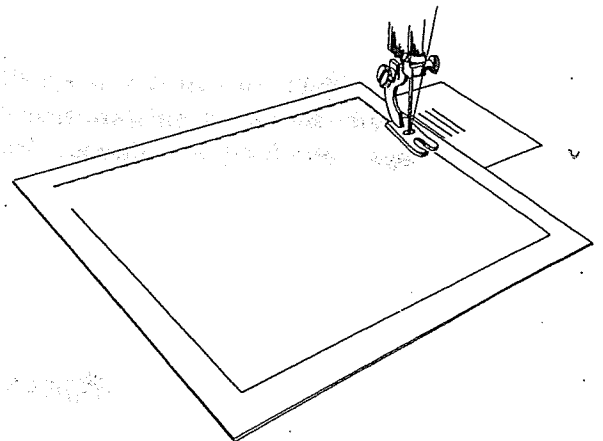
4. Stitch along the straight line until you come to about $\frac{1}{2}$ inch from the first corner. **STOP!**



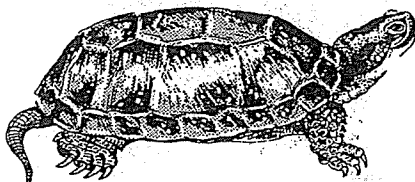
5. Turn the hand wheel towards you, stitching until you reach the corner.
6. When you reach the corner, leave the needle in the paper at the point of the corner. Raise the presser foot up.



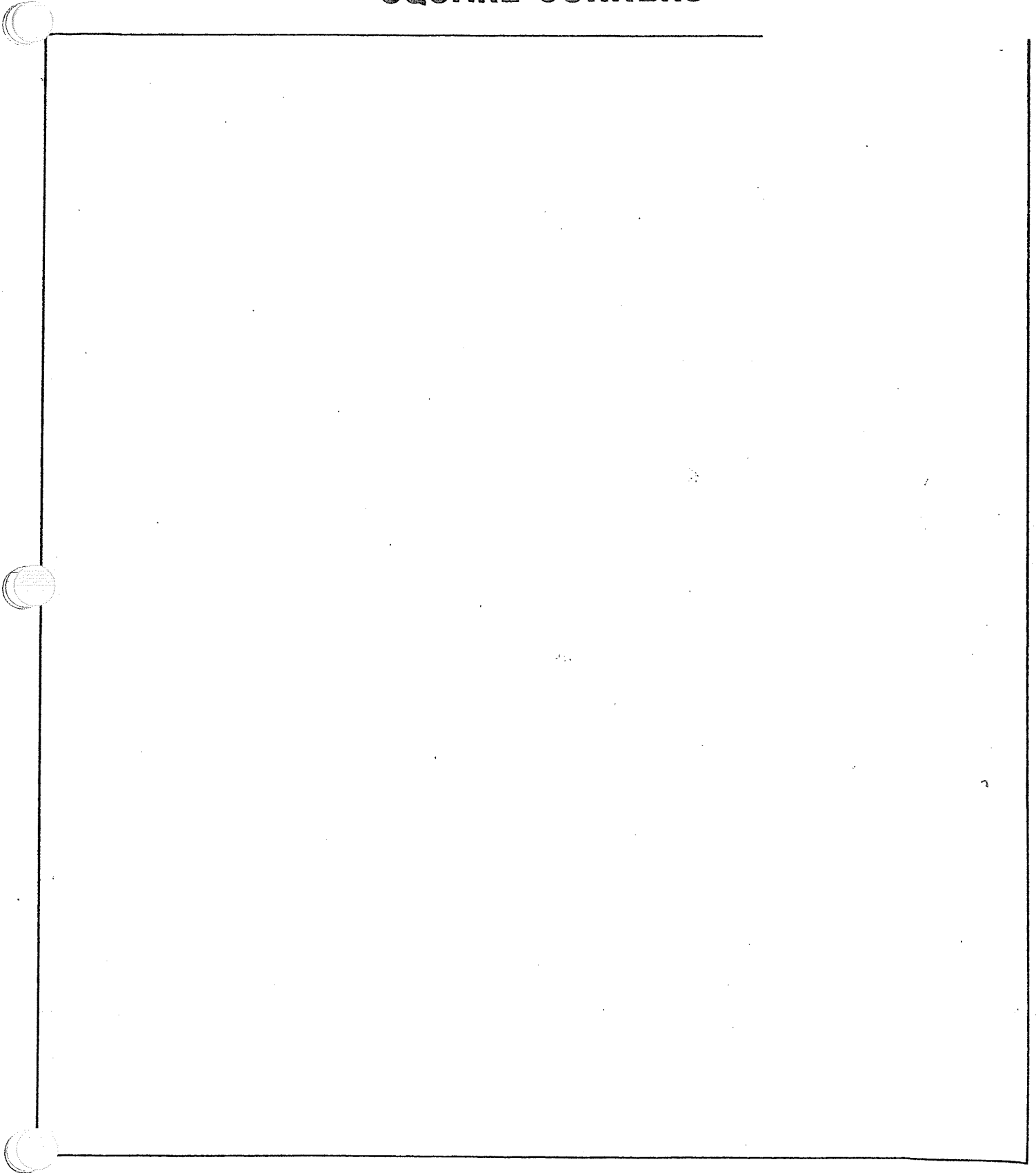
7. Turn the paper, (gently so as not to tear the paper) lower the presser foot and continue stitching on the line to $\frac{1}{2}$ inch from the next corner.
 8. Repeat steps 4, 5, 6, and 7, for each corner until you reach the end. Try to turn exactly on each corner.
- REMEMBER:**



SLOW

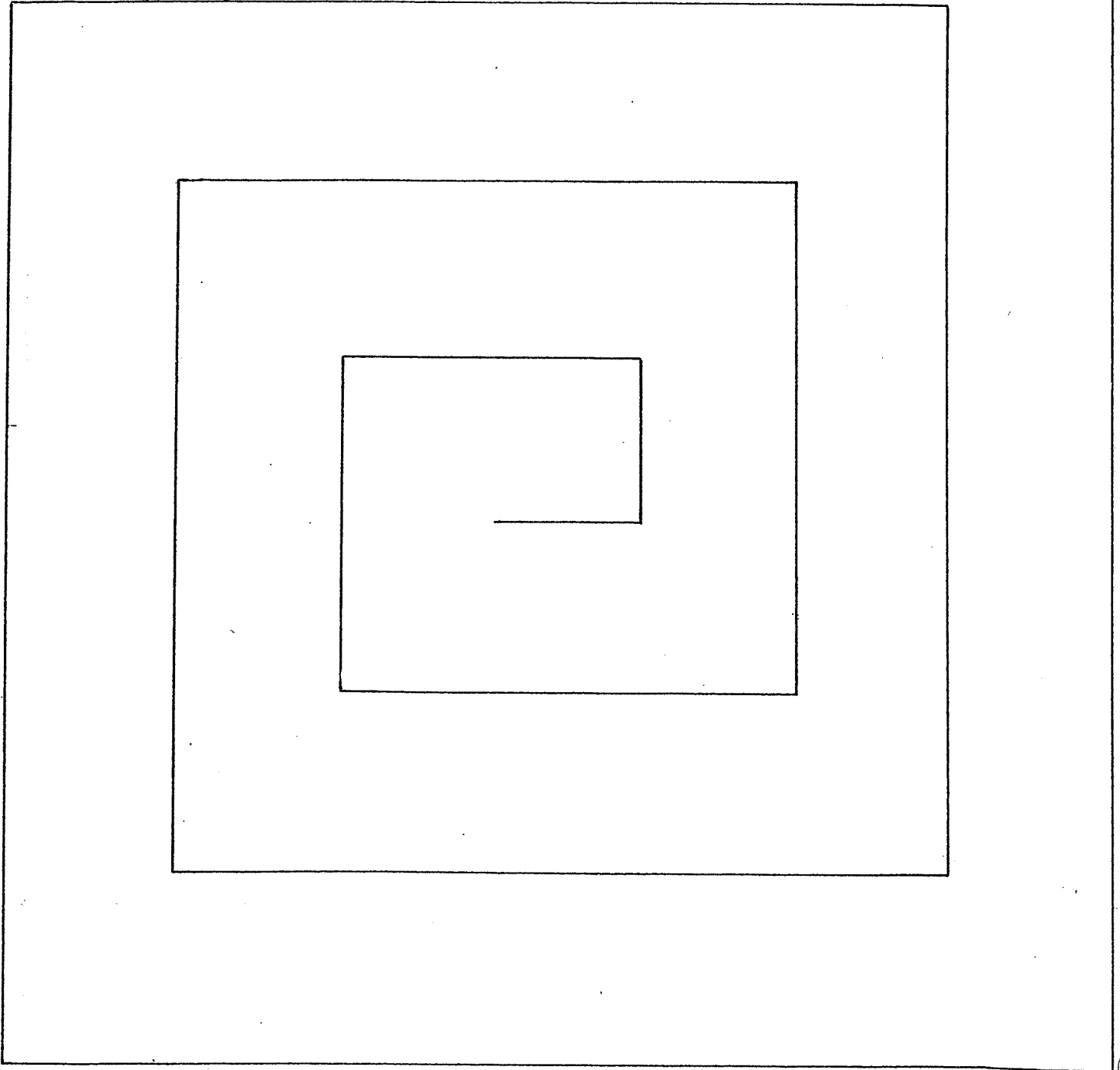


SQUARE CORNERS



EXERCISE SHEET B

SQUARE CORNERS FINAL SHEET



EXERCISE SHEET C