



## Sewing Skills for STEAM I, II and III

### STEAM – I (not eligible for State Fair)

Exhibits must be made from medium weight woven fabrics that will sew and press smoothly, flannel/ fleece is acceptable. Solid color fabrics or those having an overall print are acceptable. NO PLAIDS, STRIPES, NAPPED or JERSEY KNIT. Patterns should be simple without darts, set-in sleeves, and collars. Raglan and kimono sleeves are acceptable

1. Identify sewing tools and their purpose
2. Using a color wheel
3. How to accurately measure your body to purchase the correct pattern size
4. Learn to identify knit, woven and felted fabrics
  - How to select woven fabric, flannel and fleece in solid colors or all over prints that are appropriate for STEAM – I (plaids, stripes, napped fabric and jersey knits are NOT used in STEAM – I).
  - Learn grain lines, selvage and folded edge
5. Identify natural and synthetic fibers
6. Learn the sewing machine parts and how to properly operate the machine.
7. Sewing Skills for STEAM I
  - Pattern use: what the pattern markings mean, how to lay out and cut the pattern
  - Straight seams
  - Seam finishes: Zigzag or Clean Finish
  - Curved seams
  - Notching and clipping
  - Facings
  - Under stitch
  - Hand stitching: Running, Basting, Backstitch, Whipstitch, Overcast, and slip stitch
  - Hemming
8. Upcycling – identify and select appropriate recyclable materials and develop ideas for ‘upcycling’

### STEAM – II (eligible for State Fair)

1. Choosing fabric – STEAM II you can use fabrics used in STEAM I plus knits, and specialty prints
2. Learn more about the different fibers
3. How to properly press a garment
4. Learn how to adjust a pattern to fit your body
5. Learn how and when to use interfacing
6. Sewing Skills for STEAM II
  - Finishes: Over edge or serged
  - How to do darts and gathers
  - Techniques used to put in buttonholes and attaching buttons
  - Clipping and notching around curves and corners
  - Hand Stitching: Slip, Catch and Invisible stitches
  - Zippers: Lap, Center, Fly-front, invisible and Exposed
  - Pockets: Patch, Welt, Inset, Inseam, Flap and Gusset
  - Sleeves: Set-in, Raglan, Kimono and Dolman
  - Cuffs and Plackets
  - Collars
  - Waistbands: Straight, Contour, Stretch and Faced

### STEAM III (eligible for State Fair)

1. Getting to know your serger.
2. Learning tools to properly press your garments
3. Learn more about fibers, fabrics and special fabrics
4. Sewing Skills for STEAM III
  - Seam finishes: French, flat-felled and rolled hem
  - Boning
  - Zipper: Invisible
  - Tailoring techniques: Stay tape, lapels, tailored sleeve cap, shoulder pads, bound buttonholes
  - Couture Techniques: Hong Kong finish, hand-picked zipper and French tack