

# The Essential Guide To Sewing Altering And Customizing

Sewing is a great way to make your own clothes, alter existing garments, and customize items to your own unique style. This guide will teach you everything you need to know to get started with sewing, from basic stitches to more advanced techniques.



## Make It, Own It, Love It: The Essential Guide to Sewing, Altering and Customizing by Carrie Merrell

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## Chapter 1: Getting Started

In this chapter, you will learn the basics of sewing, including how to choose the right fabric, thread, and needles. You will also learn how to use a sewing machine and how to make basic stitches.

### Choosing the Right Fabric

The first step in sewing is choosing the right fabric. There are many different types of fabric available, each with its own unique properties. Some fabrics are more suitable for certain projects than others. For

example, cotton is a good choice for beginners because it is easy to work with and forgiving of mistakes. Linen is a more durable fabric that is good for garments that will be worn often. Silk is a luxurious fabric that is good for special occasion garments.

## **Choosing the Right Thread**

Once you have chosen your fabric, you need to choose the right thread. There are many different types of thread available, each with its own unique properties. Some threads are stronger than others. Some threads are more elastic than others. Some threads are more resistant to fading than others. The type of thread you choose will depend on the project you are working on.

## **Choosing the Right Needles**

The final step in getting started with sewing is choosing the right needles. There are many different types of needles available, each with its own unique purpose. Some needles are designed for sewing fabric. Some needles are designed for sewing leather. Some needles are designed for sewing delicate fabrics. The type of needle you choose will depend on the project you are working on.

## **Chapter 2: Basic Stitches**

In this chapter, you will learn how to make basic stitches, including the running stitch, the backstitch, and the slip stitch. You will also learn how to sew on buttons and zippers.

### **The Running Stitch**

The running stitch is the most basic stitch. It is used to sew two pieces of fabric together. To make a running stitch, simply pass the needle through the fabric from the front to the back, then bring it back up through the fabric from the back to the front. Repeat this process until the two pieces of fabric are sewn together.

## **The Backstitch**

The backstitch is a stronger stitch than the running stitch. It is used to sew seams that will be subjected to a lot of stress. To make a backstitch, simply sew a few stitches forward, then sew a stitch back over the last stitch. Repeat this process until the seam is sewn.

## **The Slip Stitch**

The slip stitch is a nearly invisible stitch. It is used to hem garments or to sew on appliques. To make a slip stitch, simply insert the needle into the fabric from the back, then bring it back up through the fabric from the front. Pass the needle through the loop of thread on the back of the fabric, then pull the thread tight.

## **Sewing on Buttons**

Sewing on buttons is a simple task that can be done by hand or by machine. To sew on a button by hand, simply thread a needle and double the thread. Pass the needle through the fabric from the back, then bring it back up through the fabric from the front. Pass the needle through one of the holes in the button, then bring it back down through the fabric next to the hole. Repeat this process until all of the holes in the button have been sewn.

## **Sewing on Zippers**

Sewing on zippers is a bit more challenging than sewing on buttons, but it is still a task that can be done by hand or by machine. To sew on a zipper by hand, simply thread a needle and double the thread. Pass the needle through the fabric from the back, then bring it back up through the fabric from the front. Pass the needle through one of the teeth on the zipper, then bring it back down through the fabric next to the tooth. Repeat this process until the zipper has been sewn on.

## Chapter 3: Altering Garments

In this chapter, you will learn how to alter garments, including how to shorten sleeves, lengthen pants, and take in seams. You will also learn how to repair common tears and holes.

### Shortening Sleeves

Shortening sleeves is a simple task that can be done by hand or by machine. To shorten sleeves by hand, simply measure the desired length of the sleeves and mark the fabric with a



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