

Fashion Design and Garment Making - SS1

Second Term E-Notes

Week 1: Introduction to Garment Construction Processes

What is Garment Construction?

Garment construction is the process of assembling cut fabric pieces into a finished garment through sewing, pressing, and finishing techniques.

Basic Garment Construction Processes

1. **Preparation** - Washing and pressing fabric before cutting
2. **Cutting** - Cutting fabric pieces according to pattern
3. **Marking** - Transferring pattern markings to fabric (darts, notches, buttonholes)
4. **Assembling** - Joining fabric pieces together using stitches and seams
5. **Fitting** - Trying on the garment and making adjustments
6. **Finishing** - Adding final touches (hems, buttons, pressing)

Importance of Following Construction Order

- Ensures professional finish
 - Prevents mistakes and rework
 - Saves time and materials
 - Produces better-fitting garments
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Week 2: Seams - Meaning, Types, and Uses

What is a Seam?

A seam is the line where two or more pieces of fabric are joined together by stitching.

Types of Seams and Their Uses

1. Plain Seam (Open Seam)

- Most common and simple seam
- Two pieces of fabric are placed right sides together and stitched
- Used for: dresses, blouses, skirts, trousers
- Easy to press open for a flat finish

2. French Seam

- Encloses raw edges for a neat finish
- Sewn twice: first on right side, then on wrong side
- Used for: sheer fabrics, delicate materials, children's clothing
- Provides a clean, professional look without raw edges showing

3. Overlock Seam (Overedge Seam)

- Stitches and finishes edges simultaneously
- Requires an overlock machine (serger)
- Used for: knit fabrics, sportswear, T-shirts
- Prevents fraying and provides stretch

4. Open Seam

- Similar to plain seam but pressed open flat
- Used for: heavy fabrics, tailored garments
- Reduces bulk

5. Welt Seam

- One seam allowance is trimmed and the other is folded over it
- Creates a raised ridge on the fabric
- Used for: decorative purposes, sportswear, upholstery

Choosing the Right Seam

Consider the fabric type, garment purpose, and desired finish when selecting a seam.

Week 3: Stitches - Types, Classification, and Uses

Classification of Stitches

A. Temporary Stitches (removed after permanent stitching)

1. Tacking/Basting Stitch

- Long, loose stitches
- Used to hold fabric pieces together temporarily
- Easy to remove

2. Tailor's Tacking

- Used to transfer pattern markings to fabric
- Made with double thread, creating loops

B. Permanent Stitches (remain in the garment)

1. **Running Stitch**
 - Simple in-and-out stitch
 - Used for gathering, mending, and simple seams
2. **Backstitch**
 - Strong, durable stitch
 - Used for hand-sewn seams that need strength
3. **Machine Stitch**
 - Done with sewing machine
 - Most common for garment construction
 - Fast and uniform
4. **Hemming Stitch**
 - Nearly invisible on the right side
 - Used for finishing hems
5. **Slip Stitch**
 - Invisible stitch
 - Used for closing openings, attaching linings

C. Decorative Stitches

1. **Chain Stitch**
 - Forms a chain-like pattern
 - Used for embroidery and decoration
2. **Feather Stitch**
 - Creates a decorative border
 - Used for embellishment
3. **Satin Stitch**
 - Closely spaced stitches
 - Used to fill in embroidery designs

Stitch Length and Quality

- Regular stitch length: 10-12 stitches per inch
- Shorter stitches for curves and reinforcement
- Longer stitches for gathering

Week 4: Types of Hems and Their Applications

What is a Hem?

A hem is the finished edge of a garment, created by folding the fabric and stitching it in place.

Types of Hems

1. Single-Turn Hem

- Fabric is folded once and stitched
- Used for: fabrics that don't fray easily
- Quick and simple

2. Double-Turn Hem

- Fabric is folded twice to enclose raw edge
- Used for: most garments, especially skirts and trousers
- Provides neat, durable finish

3. Narrow Hem

- Very small hem (1/4 inch or less)
- Used for: lightweight fabrics, scarves, ruffles
- Creates delicate finish

4. Rolled Hem

- Edge is rolled and stitched
- Used for: sheer fabrics, handkerchiefs, scarves
- Can be done by hand or machine

5. Blind Hem

- Nearly invisible from the right side
- Used for: formal garments, trousers, skirts
- Professional appearance

6. Faced Hem

- A separate strip of fabric is attached to the hem edge
- Used for: curved hems, heavy fabrics
- Reduces bulk

7. Decorative/Contrast Hem

- Uses contrasting thread or visible stitching
- Used for: casual wear, jeans, sportswear
- Adds design element

Hem Width Guidelines

- Straight skirts: 2-3 inches
- Flared skirts: 1-2 inches
- Blouses: 1-2 inches

- Trousers: 1.5-2 inches
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Week 5: Fasteners in Garment Making

Types of Fasteners

1. Zippers

- Types: regular, invisible, separating, two-way
- Used for: trousers, skirts, dresses, jackets
- Provides secure closure
- Application methods: centered, lapped, invisible

2. Buttons

- Types: sew-through (2 or 4 holes), shank buttons
- Materials: plastic, metal, wood, shell, fabric-covered
- Used for: shirts, blouses, jackets, coats
- Can be functional or decorative

3. Hooks and Eyes

- Metal fasteners with hook and loop/bar
- Used for: waistbands, necklines, where edges meet
- Provides invisible closure

4. Hooks and Bars

- Similar to hooks and eyes but with straight bar
- Used for: waistbands of skirts and trousers
- Strong and secure

5. Press Studs (Snaps)

- Two-part metal or plastic fasteners
- Socket and ball parts snap together
- Used for: overlapping edges, baby clothes, casual wear

6. Velcro (Hook and Loop Tape)

- Two strips that stick together when pressed
- Used for: children's clothing, sportswear, accessories
- Easy to use, adjustable

7. Toggles

- Wood or plastic rod passed through loop
- Used for: coats, jackets, casual wear
- Decorative and functional

Choosing the Right Fastener

Consider garment type, fabric weight, frequency of use, and aesthetic appeal.

Week 6: Collars and Necklines - Types, Drafting, and Sewing Methods

Types of Collars

1. Flat Collar (Peter Pan Collar)

- Lies flat on shoulders
- Used for: blouses, children's clothing
- Soft, feminine look

2. Standing Collar (Mandarin Collar)

- Stands up around the neck
- Used for: formal shirts, traditional attire
- No turn-down portion

3. Shirt Collar (Convertible Collar)

- Has stand and fall portions
- Used for: shirts, blouses
- Most common collar style

4. Shawl Collar

- Continuous with front of garment
- Used for: robes, jackets, coats
- Elegant, flowing design

5. Rolled Collar (Turtle Neck)

- Folds over on itself
- Used for: sweaters, casual wear

- Provides warmth

Types of Necklines

1. **Round Neckline** - circular, classic style
2. **V-Neckline** - V-shaped, elongates the neck
3. **Square Neckline** - square-shaped, formal look
4. **Boat Neckline** - wide, follows collarbone
5. **Sweetheart Neckline** - heart-shaped, feminine
6. **Halter Neckline** - straps tie at neck, backless

Basic Collar Construction Steps

1. Cut collar pieces (under collar and upper collar)
 2. Interface one piece for stability
 3. Sew collar pieces together
 4. Trim, grade, and clip seam allowances
 5. Turn right side out and press
 6. Attach to neckline
 7. Finish with facing or binding
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Week 7: Sleeves - Types and Sewing Techniques

Types of Sleeves

1. Set-In Sleeve

- Sewn into armhole
- Most common sleeve type
- Used for: shirts, blouses, dresses, jackets
- Requires easing or gathering at sleeve cap

2. Raglan Sleeve

- Extends to neckline with diagonal seam
- Used for: sportswear, coats, casual wear
- Comfortable, allows movement

3. Kimono Sleeve

- Cut as one piece with bodice
- Used for: casual tops, traditional garments
- Simple construction, no armhole seam

4. Puff Sleeve

- Gathered at sleeve cap and/or cuff
- Used for: children's clothing, party dresses
- Feminine, decorative look

5. Bishop Sleeve

- Full sleeve gathered into cuff
- Used for: blouses, dresses
- Elegant, flowing appearance

6. Cap Sleeve

- Short sleeve covering shoulder
- Used for: summer dresses, tops
- Minimal coverage

7. Bell Sleeve

- Flares out at bottom like a bell
- Used for: trendy tops, dresses
- Dramatic, fashionable

Sewing Techniques for Set-In Sleeves

Steps:

1. Stitch underarm seam of sleeve
2. Run two rows of gathering stitches on sleeve cap
3. Pin sleeve to armhole, matching notches
4. Pull gathering threads to ease sleeve cap
5. Distribute fullness evenly
6. Stitch sleeve into armhole
7. Trim and finish seam allowances
8. Press seam toward sleeve

Tips:

- Ease, don't gather, for adult garments
- Ensure smooth cap without puckers
- Use sleeve board for pressing

Week 8: Pockets - Types and Construction

Types of Pockets

1. Patch Pocket

- Sewn onto outside of garment
- Easiest to construct
- Used for: shirts, casual wear, children's clothing
- Can be lined or unlined

Construction Steps:

- Cut pocket piece
- Finish top edge (hem or facing)
- Press side and bottom seam allowances
- Pin to garment and topstitch in place

2. Side Seam Pocket (In-Seam Pocket)

- Hidden in side seam
- Used for: skirts, trousers, dresses
- Invisible from outside

Construction Steps:

- Cut pocket pieces
- Attach pockets to front and back garment pieces
- Stitch side seam, leaving pocket opening
- Stitch around pocket bag
- Finish seam allowances

3. Welt Pocket

- Bound opening with pocket bag inside
- Used for: tailored trousers, jackets, coats
- Professional, formal look
- More complex construction

4. Flap Pocket

- Has a flap covering the opening
- Used for: jackets, shirts, cargo pants
- Decorative and functional

Pocket Placement Guidelines

- Mark placement accurately before stitching
- Ensure pockets are level and symmetrical

- Reinforce stress points with backstitching
 - Press thoroughly for professional finish
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Week 9: Facings and Interfacings - Types, Importance, and Application

What is a Facing?

A facing is a piece of fabric used to finish raw edges of a garment, particularly at necklines, armholes, and front openings. It lies on the inside of the garment.

Types of Facings

1. Shaped Facing

- Cut to match the shape of the edge
- Used for: necklines, armholes
- Provides smooth, professional finish

2. Bias Facing

- Cut on the bias (diagonal)
- Used for: curved edges, decorative finishes
- Flexible and molds to curves

3. Extended Facing

- Cut as part of the garment piece
- Used for: front openings of blouses
- Reduces bulk, saves fabric

4. All-in-One Facing

- Combines neckline and armhole facings
- Used for: sleeveless garments
- Efficient construction

What is Interfacing?

Interfacing is a layer of fabric placed between the garment and facing to add body, support, and shape.

Types of Interfacing

1. Fusible Interfacing

- Has adhesive on one side
- Applied with iron
- Quick and easy application

2. Sew-In Interfacing

- Stitched to fabric
- Used for: delicate fabrics that can't handle heat
- More time-consuming

3. Woven Interfacing

- Has grain like regular fabric
- Provides firm support
- Used for: structured garments

4. Non-Woven Interfacing

- No grain direction
- Can be cut any direction
- Used for: general support

Importance of Interfacing

- Adds structure and body
- Prevents stretching
- Supports buttonholes
- Gives professional appearance
- Helps garment maintain shape

Application Tips

- Apply to wrong side of fabric
- Cut interfacing from same pattern piece
- For fusible: use pressing cloth, hold iron (don't slide)
- For sew-in: attach within seam allowances

Week 10: Practical - Making a Simple Blouse/Shirt

Planning Your Blouse/Shirt Project

Materials Needed:

- Fabric (cotton or cotton blend recommended for beginners): 2-3 yards
- Pattern (commercial or drafted)
- Thread matching fabric color
- Buttons (5-7 depending on design)
- Interfacing for collar, cuffs, and button bands
- Zipper (optional, depending on design)

Construction Steps

1. Preparation

- Pre-wash and press fabric
- Layout pattern pieces on fabric
- Cut fabric pieces accurately
- Transfer all markings

2. Order of Construction

a) Shoulder Seams

- Pin and stitch shoulder seams
- Press open or toward back

b) Collar

- Interface collar pieces
- Construct collar
- Attach to neckline

c) Sleeves

- Construct sleeve pleats or gathers if any
- Make cuffs
- Attach cuffs to sleeves

d) Side Seams

- Pin and stitch side seams
- Finish seam allowances

e) Set in Sleeves

- Ease sleeve cap
- Pin and stitch sleeves into armholes

f) Front Opening

- Apply interfacing to button bands
- Construct placket or button band
- Make buttonholes
- Sew on buttons

g) Hem

- Turn up and press hem
- Stitch hem by hand or machine

h) Finishing

- Clip loose threads
- Press entire garment
- Try on and make final adjustments

Quality Control Checklist

- ✓ All seams secure and even
- ✓ Collar sits smoothly
- ✓ Sleeves hang properly
- ✓ Buttonholes aligned and functional
- ✓ Hem even all around
- ✓ No loose threads
- ✓ Garment pressed neatly

Common Mistakes to Avoid

- Not pre-washing fabric (may shrink later)
- Skipping interfacing (leads to flimsy collar and cuffs)
- Rushing the collar construction
- Uneven buttonhole placement
- Poor pressing throughout construction

General Tips for Success in Second Term

1. **Practice hand stitches** before using sewing machine
2. **Press as you sew** - it makes a huge difference in the final look
3. **Take accurate measurements** and compare to pattern before cutting
4. **Start with simple projects** and gradually increase complexity
5. **Keep your workspace organized** - tools and materials should be accessible
6. **Learn to unpick mistakes properly** - it's part of the learning process
7. **Ask questions** when unsure about techniques
8. **Take care of your sewing machine** - clean and oil regularly

9. **Save fabric scraps** for practice and sampling
 10. **Build a reference folder** with samples of seams, hems, and stitches you've learned
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Key Vocabulary to Master

- **Seam allowance:** Space between stitching line and raw edge
 - **Ease:** Slight fullness worked into a seam
 - **Grain:** Direction of threads in woven fabric
 - **Bias:** Diagonal direction (45° to grain)
 - **Notches:** Markings on pattern edges for matching pieces
 - **Topstitching:** Visible stitching on right side of garment
 - **Understitch:** Stitching facing to seam allowance to prevent rolling
 - **Grade seams:** Trimming seam allowances to different widths to reduce bulk
 - **Clip:** Small cuts into seam allowance on curves
 - **Baste:** Temporary stitching
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