

PROJECT EASE

Effective and Affordable Secondary Education

TECHNOLOGY AND LIVELIHOOD EDUCATION
Home Economics



MODULE 6
BUREAU OF SECONDARY EDUCATION

Department of Education
DepEd Complex, Meralco Avenue
Pasig City



Basic Clothing First Year

Module 6 Ukay-ukay! Okay



What this module is about

Hi, dear student! Have you ever gone to an *Ukay-ukay*? Do you know that nowadays, you can buy cheaper priced yet trendy clothes? It has become one of our alternative responses to our economic problems. Sometimes, however, the quality of materials, the fitting, or the workmanship is a problem.

How about sewing your own clothes instead of buying them? With that, you can choose quality material, ensure good fitting and enjoy your own workmanship. I hope you will find this module interesting as varied and easy to accomplish activities are provided. Enjoy learning!



What you are expected to learn

This module enables you to:

1. Plan your project.
2. Apply skill in copying a collarless and sleeveless shirt pattern.
3. Choose a suitable fabric for cutting a unisex shirt.
4. Prepare the fabric for cutting.
5. Cut and mark garment pieces accurately.
6. Lay out and pin pattern pieces on fabric.
7. Sew a collarless sleeveless shirt.



How to learn from this module

The terms below are defined to facilitate learning as you go through this module:

Term	Meaning
Commercial Pattern	Makes use of standard measurements for average persons such as small, medium, large and extra large.

Facing	A piece of cloth used to cover the wrong side of the garment for finishing edge.
French Curve	A sewing tool used in shaping necklines, collars and armholes.
Pattern	A model for making things, particularly clothes.
Selvage	The finished edge of the fabric.
Shrink	To compact cloth by causing it to contract when washed, boiled or steamed.
Warp	The lengthwise grain/thread of a fabric.
Woof	The crosswise grain/thread of a fabric.



PRETEST

Multiple Choice

Directions: Read each statement very well and choose the letter of the correct answer.

- A guide in making a project to ensure the quality of the finished product.
 - criteria
 - checklist
 - project plan
 - rating scale
- Helps students understand what they are expected to accomplish in a project.
 - design
 - material
 - terminal task
 - evaluation
- A pattern based on the standard measurement of people such as small, medium, large and extra large.
 - blocked pattern
 - commercial pattern
 - drafted pattern
 - foundation pattern
- To copy patterns accurately, which will you use for straight lines?
 - French curve
 - L-square
 - ruler
 - tape measure
- Which of these sewing tools is needed in cutting pattern pieces?
 - cutter
 - scissors
 - shears
 - ripper
- Which one is woven, felted or knitted material?
 - cotton
 - selvage

- b. fabric
 - d. thread
7. Which pattern pieces should be laid out first?
 - a. big pattern pieces
 - b. medium pattern pieces
 - c. small pattern pieces
 - d. extra large pattern pieces
 8. Pins should be placed where?
 - a. Adjacent to the edges of the pattern
 - b. Opposite the edges of the pattern
 - c. Parallel to the edges of the pattern
 - d. Perpendicular to the edges of the pattern
 9. In cutting the fabric, which stroke would you use in curved areas?
 - a. fine stroke
 - b. even stroke
 - c. long stroke
 - d. short stroke
 10. Where do you transfer pattern marks?
 - a. The correct side of the cloth
 - b. The false side of the cloth
 - c. The right side of the cloth
 - d. The wrong side of the cloth

Lesson 1

Project Planning

When making a sewing project, it is important to prepare a project plan. A plan is a guide in making a project to ensure the quality of the finished product. It requires skill in applying the concepts and principles in the construction of a collarless, sleeveless shirt. This ensures that the intended project will be prepared according to specifications and produce good results. Planning the activities saves money, time and effort, and produces a better quality project. To learn more about project planning, use the sample project plan below as your guide.

Sample Project Plan in Basic Clothing

- I. Name of the project: Unisex Collarless and Sleeveless Shirt
 Date started: _____ Rating: _____
 Date finished: _____
- II. Terminal Task:
 Sew a unisex collarless and sleeveless shirt correctly and neatly, using the unit method of construction.

Learning Tasks:

1. Copy a pattern for a unisex collarless and sleeveless shirt accurately.
2. Apply the principles in fabric selection and preparation, pattern layout, pinning, cutting and proper marking.
3. Use materials economically.
4. Follow the unit method of sewing a unisex collarless and sleeveless shirt.
5. Observe good work habits and positive attitudes when working.
6. Finish the project on time.

III. Project Design

This is the sketch of the garment you are about to sew.

IV. Materials, Tools and Equipment

A. Materials Needed

Quantity	Description of Materials	Unit Cost	Total Cost
1pc	pattern paper	5.00	5.00
1 yd	cotton textile	25.00	25.00
1 spool	thread, same color as the fabric	8.00	8.00
3 pieces	buttons	50	1.50
1 pad	pins	7.00	7.00
TOTAL			46.50

B. Tools and Equipment

1. Shears
2. Tracing wheel
3. Dressmaker's carbon paper
4. Needles and pins
5. Thimble
6. Tape measure
7. Ruler
8. Cutting table
9. Sewing machine
10. Ironing board and flat iron

V. Procedure

A. Preliminary Construction Process

1. Copy the commercial pattern.
2. Select and prepare the fabric.

3. Lay out and pin the pattern pieces on the fabric.
4. Cut the fabric.
5. Mark the fabric.

B. Assembling the project

Activities	Date Started	Date Finished	Rating	Remarks
<ol style="list-style-type: none"> 1. Stay stitch and edge stitch 2. Prepare and baste the interfacing for the front opening. 3. Join the shoulder seams. 4. Prepare and sew the bias for the neckline and arrow. 5. Join the side seams. 6. Sew the bottom hem. 7. Mark the fabric and sew the buttonholes on. 8. Attach the buttons. 				
Overall Rating:				

Activity 1

Since you have already learned the importance of a project plan and seen a sample plan, are you now ready to make your own plan? I'm certain you can follow the format. Get your paper and pen and copy the project plan. Then, submit this to your teacher. Happy project planning!



Self-check:

1. Why is a project plan necessary?
2. What are the parts of a project plan?
3. When is the project plan prepared?

Lesson 2

Copying and Cutting Commercial Patterns

Copying Commercial Patterns

In the elementary grades, you were required to make projects in Clothing and Handicrafts. But before you started the project, you were asked to copy or trace a pattern.

What is a pattern? In clothing construction, a pattern is based on actual measurements of a well-fitted and well-made garment. It serves as a guide for beginners like you. In your case, you are going to use a commercial pattern. A commercial pattern uses standard measurements of an individual such as small, medium, large and extra large.

The following tips will help you copy standard patterns accurately:

1. Use a tracing board or tracing paper.
2. For straight lines, use ruler, and for curved lines, a French curve.
3. Run the tracing wheel firmly along the edge of the ruler only once.
4. Use dark tracing paper to make the lines visible.
5. Fold the tracing paper or board on the right side for future use.

After you have copied the commercial pattern, make the following specific allowances:

Neckline-----1/2 inch
Shoulder-----1 inch
Armhole-----1/2 inch
Side-----1 ½ inches
Hemline-----1 ½ inches

Activity 2

You now have an idea of how to copy a commercial or standard pattern. You may now get the following tools ready:

1. Tracing paper or dressmaker's carbon paper;
2. Ruler;
3. French curve;
4. Pencil;
5. Pattern paper; and
6. Tape measure.

Be sure you know the size of the commercial pattern you are going to copy. If not, ask your teacher for guidance. Listen carefully to instructions. Even if you are on your own, always consult somebody for things that you are not sure about. Observe accuracy and neatness. Place the project in an envelope indicating your name, section and date of submission and get ready for checking.

Cutting Pattern Pieces

After your teacher has checked your work, you are now ready to cut the pattern pieces. Keep these tips in mind.

- A sharp pair of scissors is needed in cutting pattern pieces.
- Cut the biggest pattern, followed by the second biggest, and finally, the smallest.
- In cutting pattern pieces, use the lines on the pattern to guide you.
- In cutting, edges should be smooth in order to cut the fabric smoothly.

Activity 3

Get a sharp pair of scissors and get ready to cut your pattern pieces. Don't be scared, just keep in mind and follow the reminders and everything will be fine. Show the cut patterns to your teacher for checking and final instructions. How do you feel? Has your work been rewarding?



Self-check:

Write the letter of the correct answer in your test booklet.

1. In copying straight lines, use this.
 - a. French curve
 - b. hip curve
 - c. ruler
 - d. tailor's square
2. How many times should you run the tracing wheel along the edge of the ruler?
 - a. once
 - b. twice
 - c. thrice
 - d. four
3. In cutting pattern pieces, where do you start?
 - a. the biggest piece
 - b. the medium piece
 - c. second to the smallest piece
 - d. smallest piece
4. The French curve is used to copy curved lines such as the following:
 - a. armhole
 - b. back figure
 - c. bust line
 - d. front figure
5. What sewing tool is best needed in cutting a pattern?
 - a. cutter
 - b. ripper
 - c. scissors
 - d. shears

Did you get a perfect score? Congratulations! However, if you made a few mistakes, all you need is to go over the lesson again and do better.

Lesson 3

Selecting a Suitable Fabric for a Unisex Shirt

A fabric is woven, felted or knitted material. The lengthwise thread of a fabric is known as warp, and the crosswise, woof. Selvage is the finished edge. When the fabric is folded diagonally, a true bias results. Different fabrics are suitable for a unisex collarless and sleeveless shirt. The most appropriate among the fabrics are cotton, linen, silk or rayon. Let's check on their characteristics.

Cotton fabrics are appropriate in tropical countries like the Philippines because they are good heat conductors. Cotton is versatile and durable, but needs frequent laundering. When damp, it is easy to iron.

Linen is appropriate for skirts, table napkins, and summer dresses. Linen is popularly called the summer fabric. Like cotton, linen needs frequent laundering.

Rayon is very similar to silk. Both have low elasticity and resiliency. Rayon and silk are widely used as fabrics for industrial processes.

Guidelines in the Choice of Appropriate Fabrics

1. Crumple the fabric in your hand and hold it for 30 seconds. Then, release for 30 seconds. Observe and see if it wrinkles easily.
2. See if the fabric is evenly dyed with pleasing colors. It should be clear and not blurred.
3. Check the quality and cost of the fabric.
4. Always determine the quantity needed to avoid waste of money.
5. Your personality and complexion are considered in fabric selection.

Activity 4

Visit a nearby dress shop. Ask for fabric scraps. Identify each sample and select those that are appropriate for a unisex collarless and sleeveless shirt. Paste these on your portfolio and label properly.

How's your work? Did you find it interesting? Now, let's move on.



Self-check:

Mary is assigned to buy fabric for the project. Help her select the best material for the project. Below are characteristics of fabrics. Group them properly.

Firmly woven	Evenly dyed
Tends to ravel	Easy to work with
Pulls out of shape	Lacks firmness

Good Quality Fabric	Poor Quality Fabric

Did you get everything right? If you missed some items, go back to the lesson before proceeding to the next. Remember, patience is rewarding.

Lesson 4

Preparing the Fabric for Cutting

Did you ever experience buying a shirt that shrinks after washing? Have you also come across garments which look poorly done, such as one side is different from the other side because the fabric has not been properly aligned and looks off-grain?

Did you know that these situations could have been prevented? Let's examine the following steps on how to prepare fabrics for cutting.

1. Straightening the fabric end and fabric grain. A fabric that is slightly off-grain is straightened by pulling the opposite ends of the fabric until the crosswise grain straightens.
2. Next is soaking. After the selvages and grain of the fabric have been straightened, soak the fabric in water for 30 to 60 minutes. Don't wring the fabric for it will wrinkle and become off-grain again. Hang to dry. If wrinkled or creased, press the fabric carefully along the lengthwise grain.
3. Third is pressing. Pin the fabric edges together if it does not lie flat when folded or if the corners are not square. Steam press from the cut edges and work towards the fold. Smoothen the fabric while still hot.

Activity 5

You may now prepare your fabric for cutting. Just follow the foregoing steps and you will never go wrong.

If you have any questions, ask your mother or a dressmaker. Now, how's your work?



Self-check:

I. Write True if the statement is true, and False, if the statement is not true. Write your answers in your test booklet.

- _____ 1. Soak the fabric for 30-60 minutes.
- _____ 2. Wring the fabric before you hang it.
- _____ 3. If the textile is wrinkled or creased, press it.
- _____ 4. The first step in preparing the fabric is soaking.
- _____ 5. Fabrics that are slightly off-grain are straightened by cutting them.

II. Fill up and complete the steps of the stairs by writing the step-by-step procedure in preparing the fabric for cutting.



How did you score? Did you get all the answers right? Congratulations! If you made mistakes in some numbers, try doing them again.

Lesson 5

Laying out and Pinning Pattern Pieces on Fabrics

It is important to follow the rules in laying out patterns on the fabric in order to ensure accuracy. Following are directions in laying out pattern pieces:

1. Fold the fabric with the right side under, and the wrong side, up.
2. Lay out the biggest pattern first before the smaller ones.
3. Make a temporary pattern layout, especially if the cloth is too small.
4. Place the pattern pieces near one another. Fit the pattern as in a jigsaw puzzle.
5. Do not cut the fabric until all pattern pieces are in place. This is done by arranging and rearranging the pattern pieces to ensure the best arrangement.

Now that you have laid out your pattern pieces, you are ready to pin the patterns to the fabric, following the steps hereunder:

1. Pin the patterns on the edge of the fabric. Keep the fabric flat on the table.
2. Place the pins perpendicular to the edge of the pattern.
3. Place the pins about 1.5 cm from the edges.
4. Pin the fabric at an interval of 13 cm. Too many pins on the cloth tend to wrinkle it. The pattern will not get out of place when cut, if more pins are placed along curved edges.

Activity 6

Now that you have learned the lesson, do you think you are ready to be on your own? Get the needed materials, check on the patterns, fabrics and pins. You may start to layout and pin your patterns. If you have any doubt, ask your mother or a dressmaker to

see your work. Let your teacher check your work. How was it? Congratulations! Let's now move on.



Self-check:

Write A if you agree with the statement, and D, if you disagree.

- _____ 1. Fold the fabric with the wrong side under and the right side up.
- _____ 2. Make a permanent pattern layout, if the cloth is too small.
- _____ 3. Lay out the smallest pattern first before the biggest.
- _____ 4. When pinning patterns on the fabric, keep your work flat on the table.
- _____ 5. Place pins perpendicular to the edge of the pattern.

Did you score high? Good! Let's now proceed to the next lesson.

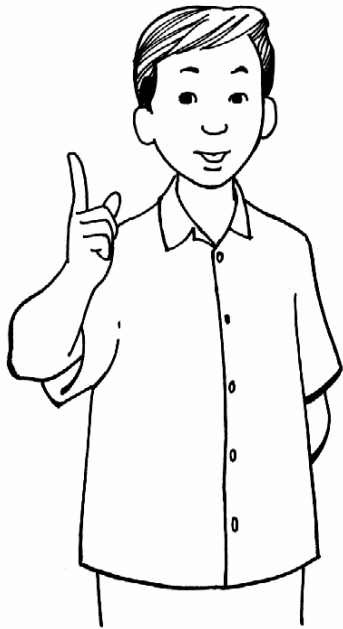
Lesson 6

Cutting and Marking the Garment Pieces

Hi, I'm Sherrie! I'm here to give you guidelines in cutting garment pieces. Let's start!

- 1. Place the fabric and pattern flat on the table.
- 2. Place the left hand on the pattern. Cut with long, even strokes. Use short strokes on curved edges.
- 3. Walk around the table as you cut the fabric.
- 4. After cutting all parts, set these aside but do not remove the pins and patterns for marking purposes.
- 5. Keep cloth scraps for future use.





Hello there! I'm Teddy. After you have cut your fabric, you are now ready to transfer construction marks. Shall we start? Remember the following reminders:

1. Transfer marks on the wrong side of the cloth.
2. Mark straight lines, using ruler. Run the tracing wheel or tailor's chalk steadily and firmly along the edge of the ruler only once.
3. Determine the point; and mark the tips of the dart with short cross lines.
4. Slant the handle of the tracing wheel slightly inward toward the center of the curves to mark these easily.

Activity 7

How excited are you to cut and mark the fabric? Get the needed materials for the activity. You need your fabric, shears, tracing wheel, ruler and dressmaker's carbon paper. You may start now. If you have any doubt, you may ask your mother or a dressmaker. Finally, let your teacher check your work. How was it? Did you find it easy. Let's move on.



Self-check:

Tell whether the following steps are correct or incorrect. Write C for the correct step, and I for the incorrect. Write the answer in your test booklet.

- _____ 1. Use short strokes in cutting straight lines.
- _____ 2. Walk around the table as you cut the fabric.
- _____ 3. Remove the pins after cutting the fabric.
- _____ 4. Transfer the mark on the right side of the cloth.
- _____ 5. Mark straight lines, using a ruler.

Now, what's your score? Did you find it easy? If you miss some items, you may go back to the lesson and review. If you have mastered everything, you can now move on.

Lesson 7

Sewing a Unisex Collarless and Sleeveless Shirt

After doing the pre-construction process, you are now ready to sew your collarless and sleeveless shirt. Remember, that to prevent soiling and crumpling of materials, sew the garment by units. So, are you excited now, let's follow these steps:

1. Stay stitch the neckline and the neck edge of the facing extension from the shoulder to the center of the seam line. Stay stitch shoulders from neckline to armhole 1/5 cm from the seam line within the seam allowance. Turn under the inside edge of the front facing extension and stitch close to the edge.
2. Prepare and baste the *pelon* interfacing for front opening.
3. Join the shoulder seams. Machine stitch the shoulder seams and press open.
4. Prepare and do the bias piping for the neckline and armhole.
5. Join the side seams.
6. Sew the bottom hem.
7. Mark and sew the buttonholes.
8. Attach the buttons.

Activity 8

Start sewing your collarless and sleeveless shirt. Follow the unit method and the step-by-step procedure. In this lesson/activity, you have to meet your teacher from time to time and do the steps under her supervision unless you know how to do them by yourself. Did you find sewing a challenging activity? Congratulations for trying! This is just the beginning. Next time, you can produce a better project.



Self-check:

Arrange the procedure in sewing a unisex collarless and sleeveless shirt. Write 1 for the first step, 2 for the 2nd step, and so on.

- _____ 1. Prepare and sew the bias piping for the neckline and armholes.
- _____ 2. Join the shoulder seams.
- _____ 3. Prepare and baste the *pelon* or interfacing for the front opening.
- _____ 4. Stay stitch.
- _____ 5. Attach the buttons.
- _____ 6. Mark and sew the buttonholes.
- _____ 7. Sew the bottom hem.
- _____ 8. Join the side seams.

Were you able to sequence all the steps correctly? Congratulations! You could be a good modiste. If you missed some, just go back and do the lesson once again.



LET'S SUMMARIZE

- ❖ Constructing a garment is an enjoyable task which can be a source of livelihood in the future.
- ❖ A project plan is a guide in making project which ensures the quality of the finished product.
- ❖ Different fabrics have different characteristics. Personality and complexion must be considered in choosing a fabric.
- ❖ Fabrics prepared for cutting should have threads running straight from selvage to selvage.
- ❖ To ensure the good fit of the dress, the correct way of laying out and pinning patterns on the fabric should be observed.
- ❖ The success of a dressmaker or a tailor depends much on the ability to follow directions accurately and use tools and fabrics properly.
- ❖ Garments must be sewed following the step-by-step procedure to prevent needless handling.



POSTTEST

Multiple Choice

Directions: Read each statement very well and choose the letter of the best answer.

1. A guide in making a project to ensure the quality of a finished product.
 - a. criteria
 - b. checklist
 - c. project plan
 - d. rating scale
2. It helps students understand what they are expected to accomplish in a project.
 - a. design
 - b. evaluation
 - c. terminal task
 - d. material
3. It is a pattern based on the standard measurement of an individual such as small, medium, large and extra large.
 - a. blocked pattern
 - b. commercial pattern
 - c. drafted pattern
 - d. foundation pattern
4. In copying pattern pieces accurately, which would you use for straight lines?
 - a. French curve
 - b. L-square
 - c. ruler
 - d. tape measure
5. Which of the sewing tools is needed in cutting pattern pieces?
 - a. cutter
 - b. scissors
 - c. shears
 - d. ripper
6. It is a woven, felted, or knitted material.

- a. cotton
 - b. fabric
 - c. selvage
 - d. thread
7. Which pattern pieces should be laid out first?
- a. big pattern
 - b. extra large pattern
 - c. medium pattern
 - d. small pattern
8. Where should pins be placed?
- a. Adjacent to the edges of the pattern.
 - b. Opposite the edges of the pattern.
 - c. Parallel to the edges of the pattern.
 - d. Perpendicular to the edges of the pattern.
9. In cutting the fabric, which stroke would you use on curved parts?
- a. fine stroke
 - b. even stroke
 - c. long stroke
 - d. short stroke
10. Where do you transfer pattern marks?
- a. correct side of the cloth
 - b. false side of the cloth
 - c. right side of the cloth
 - d. wrong side of the cloth

Did you get a perfect score? Fine! This is the end of Module 6. You have been a hardworking and patient student and I'm proud of you! You can now relax and treat yourself. God bless you!



ANSWER KEY

Pretest and Posttest

- 1. c
- 2. c
- 3. b
- 4. c
- 5. b
- 6. b
- 7. a
- 8. d
- 9. d
- 10. d

Lesson 2 Self-check

- 1. C
- 2. A
- 3. A
- 4. A

5. C

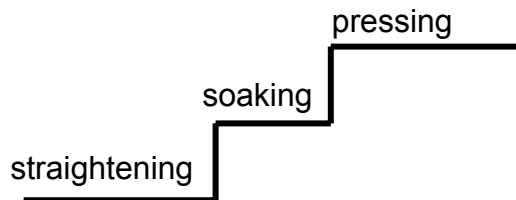
Lesson 3 Self-check

Good Quality Fabric	Poor Quality Fabric
Firmly woven	Tends to ravel
Evenly dyed	Pulls out of shape
Easy to work with	Lacks firmness

Lesson 4 Self-check

- I.
1. True
 2. False
 3. True
 4. False
 5. False

II.



Lesson 5 Self-check

1. D
2. D
3. D
4. A
5. A

Lesson 6 Self-check

1. I
2. C
3. I
4. I
5. C

Lesson 7 Self-check

1. 4
2. 3
3. 2
4. 1

- 5. 8
- 6. 7
- 7. 6
- 8. 5