PRACTICE STITCHING SHEETS

You will have more fun using your sewing machine if you learn to control how FAST you sew. Sewing on these 3 paper practice sheets will get you ready to sew on fabric. Here is how:

1. Take all the thread out of your sewing machine.
2. *Put your needle down on the end of one line and lower the Presser Foot.*
3. Slowly press down on the foot pedal to start the machine going. You will soon learn just how much to press to get a smooth even speed. Try to keep the needle going down right on the line. Do the same on all lines.

When you sew on fabric, you won't have lines to follow. So you have to look at a "guide" - not the needle. To practice this:

- Place the right edge of your Presser Foot right next to a line. Try to stitch an even distance from each line. Your Presser Foot is your "guide".

Quilters often use seams that are ¼ inch wide. To practice this try stitching exactly ¼ inch from all edges of this page.

Remember that the machine will feed the fabric and you only need to guide the fabric to the left or right under the needle. Pushing the fabric or holding it back can cause your needle to bend or break.
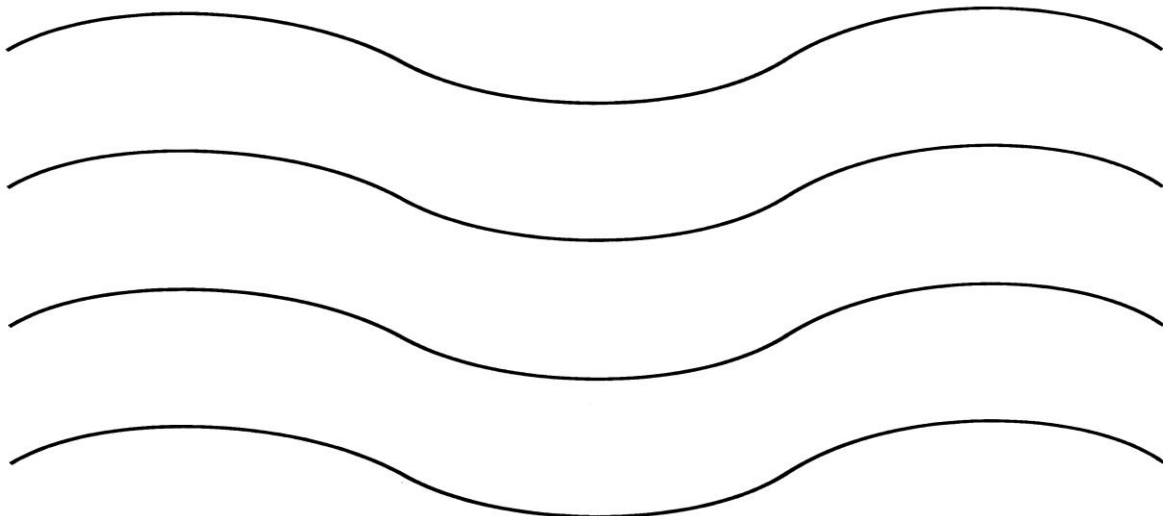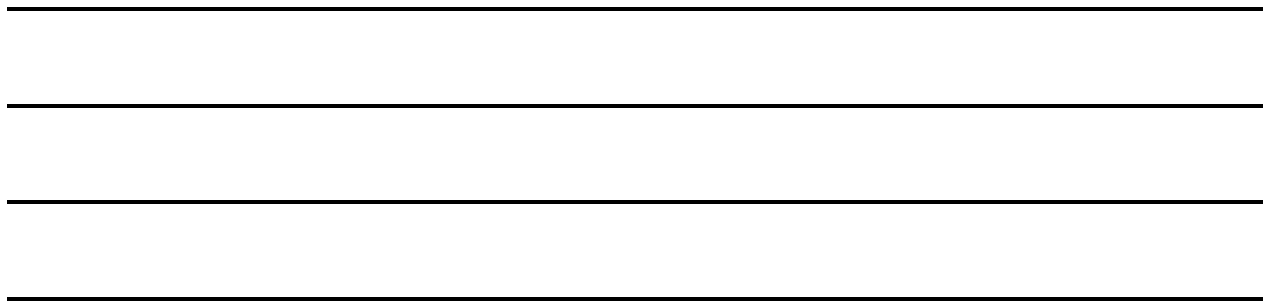
This page will help you practice sewing straight lines and making square corners.

1. Start at one end of the line just like you did on page 1.
2. When you come to a corner, put your needle down exactly on the corner.
3. Lift up your presser foot, and turn the sheet of paper so the line is straight in front of you.
4. Do the same thing at each corner.

Now, use the edge of your pressure foot as a guide, stitch an even distance from the line. Turn each corner the same way you did when you were stitching on the line.

Now, stitch exactly ¼ inch from the edge of all 4 edges of this page.
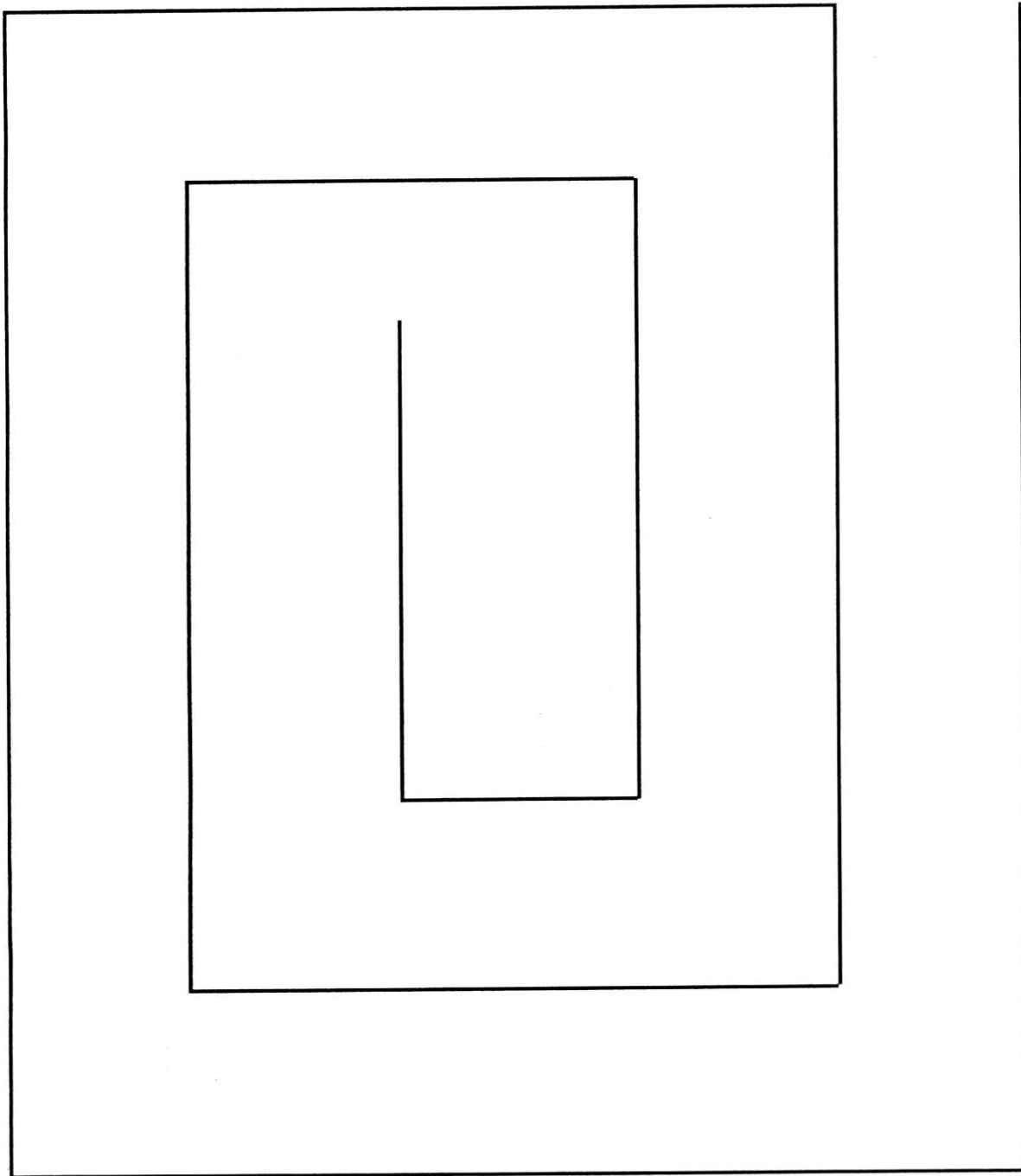
You will have to slow down for this one.

1. *Stitch on the spiral line. Try to keep the needle on the line.*
2. *Then stitch an even distance from the line just like you did on the other pages.*
3. *Then stitch exactly ¼ inch from all 4 edges of this page.*