

# NOTIONS PERMIT



## Functional additions to fabric

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It may not be used as learning material in a paid sewing lesson.

Direct others to the Pattern Orchard website to obtain their own copy.

The information provided in this tutorial is general in nature. Different terminology may be used by sewers from different backgrounds and the sewing equipment used is based on commonly purchased items available in 2017 in Australia. Some older or newer equipment may have settings or options that differ from the examples given.

**Please share the [www.patternorchard.com](http://www.patternorchard.com) link with anyone who is interested in learning to sew or furthering their sewing skills. There are free Learning Patterns available on the website for personal use or donations for charities.**

**Tag #PatternOrchard on social media when sharing photos of items made from a Pattern Orchard pattern to spread the word about this free resource.**

This tutorial is suitable for most kids over the age of 8 with adult supervision for all sewing practice. Never leave kids unsupervised around sharp objects or machines.

Plain language is used to gradually introduce some basic sewing terminology.

Read through this document and complete the check list on page 10 to achieve your Notions Permit. Only pages 9 & 10 need to be printed.



# NOTIONS PERMIT

## Topics covered

- Page 3. Notions [Description, Choices, Substitution]
- Page 5. Sewing [Zippers, Buttons, Press Studs]
- Page 7. Mending [Repair or Replace, Alternatives]
- Page 10. Notions Permit [Practice, Checklist, Printable Permit]

## Before you start

Learning something new can come naturally or be a fun challenge. Approach every lesson without worries at the back of your thoughts, with a clear workspace, full stomach and well rested. Remind yourself that every skill takes time and patience to learn well. Your first attempt is practice so use scrap fabrics first.

You choose what to sew. Stick to items you know you can achieve or challenge yourself with new fabrics, techniques or tools. Learn as much as you want to learn.

Each of the Pattern Orchard sewing permits teaches a different set of skills.

Start with the Learners' Permit, then move on to any of the other S.E.W.I.N.G.

Permits. They do not need to be completed in order. Choose the skills that you want to focus on. Read through "Pick a Pattern" on the website to help you choose a suitable sewing pattern to start with after finishing each Permit.

Sewing can be a relaxing, creative and productive outlet. Enjoy.

# Notions

## Description

The term 'Notions' refers to anything non-fabric that is added to fabric including decorative items such as trims, piping and ric rac. These decorative notions have been separated into their own 'Embellishments' permit.

For this permit we are just focussing on functional notions.

These notions perform a function, usually to open a garment or bag.

## Choices

There are many different ways to fasten a garment, cushion, bag or other sewn item that needs to be opened and closed.

<b>FASTENER</b>	<b>USED ON FABRIC</b>		<b>COMMON USES</b>
	<b>WOVEN</b>	<b>KNIT</b>	
<b>ZIPPERS</b>	Y	Y	Jeans, slacks, dresses
<b>BUTTONS</b>	Y	N	Shirts, dresses, cushions
<b>PRESS STUDS (SNAPS)</b>	Y	Y	Infant clothing, bibs
<b>EYELETS &amp; CORD</b>	Y	N	Corsets, board shorts
<b>VELCRO (HOOK &amp; LOOP)</b>	Y	N	Shorts, cushions
<b>TWIST / FLIP LOCKS</b>	Y	N	Wallets, bags
<b>HOOK &amp; EYES</b>	Y	N	Bras, corsets, skirts
<b>CLIPS</b>	Y	N	Overalls, Suspenders

# Substitution

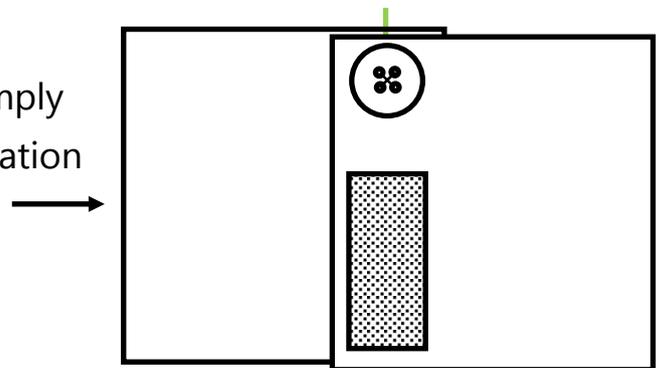
When a design includes a zipper, but you have buttons in mind, substituting one fastener for another is often easier than you think.

The most important thing to remember is that the pattern you are sewing was designed for the fastener written in the pattern. When changing to another fastener you may discover the reason the pattern called for the original option.

E.g. A zip back dress with an elastic section: If you substitute buttons in place of the zipper, you may find the elastic pulls the fabric around the buttons, where the original zipper would have sit flat without any pulling.

The most important part of substituting one for another is changing the opening fabric to suit a different option.

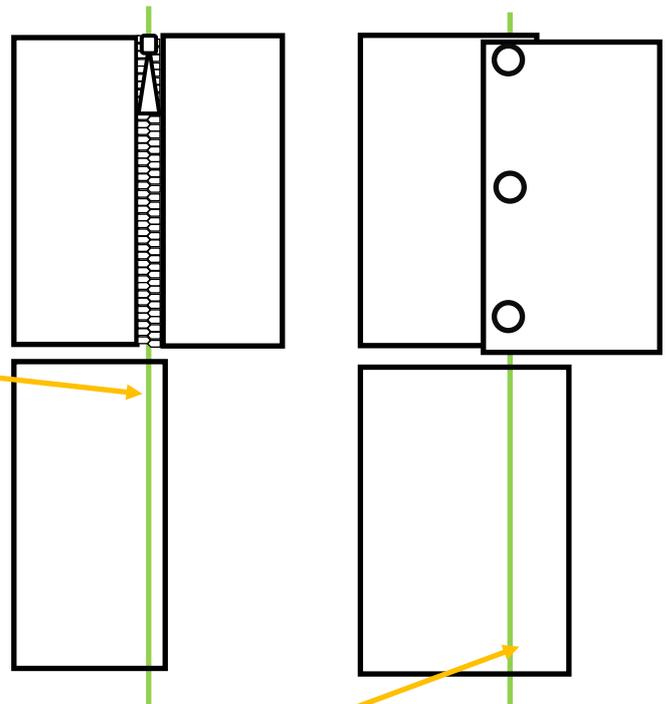
Swapping buttons for Velcro is fairly easy, simply skip the buttons and sew Velcro onto the location the buttons would have gone.



Swapping a zipper for press studs requires a change to how the fabric is initially cut.

The green lines show the centre of the join where the fastener needs to be.

For the zipper, only a little fabric extends beyond the centre to sew the zip in place.



For the press studs, the fabric on one side needs to overlap the fabric on the other side, then there is also seam allowance to sew the edge.

The overlapped fabric area is where the press studs sit.

# Sewing

## Zippers

Sewing a zipper into your fabric can be done in a number of different ways.

Everyone has their preferred method of installing zippers.

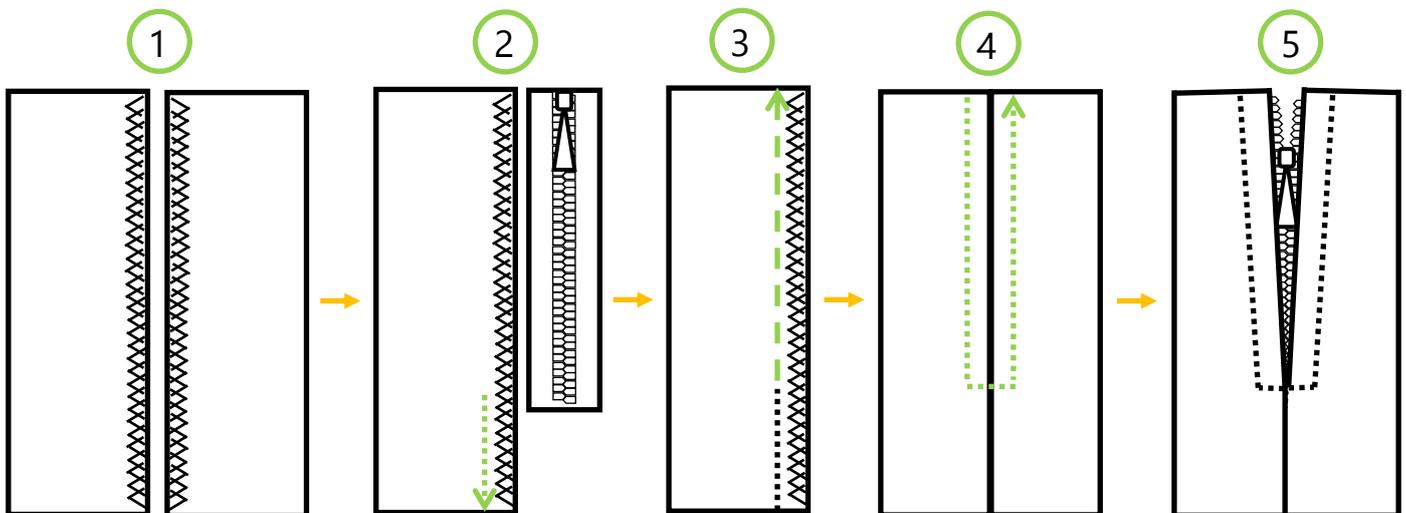
A zipper foot is usually recommended when sewing a zipper in.

This foot is narrower than a standard foot which allows you to sew closer to the bulky centre teeth of the zipper.



An invisible zipper foot is used for sewing invisible zippers on.

The following zipper installation method can be used for regular zippers. This method hides the zipper under the fabric edge so it is not visible.



1/ Overlock or zig zag both raw edges.

2/ Place fabrics right sides together and sew from where the zipper will end down.

3/ Sew long stitches where the zip will go. Don't backstitch these long stitches.

4/ Press seam open. Place zip under back of fabric. Sew around zip teeth.

5/ Remove step 3 long stitches to access the zipper. Done!

# Buttons

Adding a button and matching button hole is best done on strong fabric that will not stretch or sag out of shape. If needed, add a little interfacing under the fabric. Check out the 'Interfacing Permit' for more info.

A button hole is essentially a zig zagged rectangle that seals the sides of a cut in the fabric that the button can pass through.

Mark the fabric where the button needs to go with a rectangle that is a tiny bit longer than your button & 3mm wide.

Start with a wide zig zag across the top of the marked line.

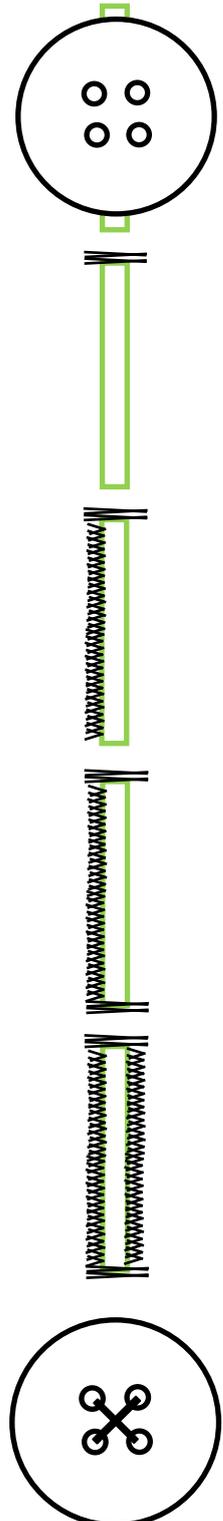
Then leave the needle down as you change the stitch setting to a tight narrow zig zag setting. Sew down one side.

Again, leave the needle down to change settings. Repeat the wider zig zag at the bottom, the same as the top.

Then change the setting again to repeat the same narrow zig zag up the opposite side.

Use small scissors to cut up the centre of the button hole.

Overlap the two fabrics and mark the centre of the button hole on the opposite fabric. Sew the button on this mark.



# Press Studs

Press studs can be a quick way of fastening a dress or cushion.

There are a few different types of press studs:

Plastic: Pressed in using a tool.

Metal hammer-in: Affixed by hitting teeth through fabric.

Metal sew-in: Hand sewn to the fabric.

Magnetic: Cut and pushed in.



When attaching a press stud, always ensure you have a matching pair. Stud and socket. The stud presses into the socket to close.

On one side the stud is placed facing up. The socket is placed facing down on the opposite side.



To apply, align of the two fabrics that the press studs will be attached to.

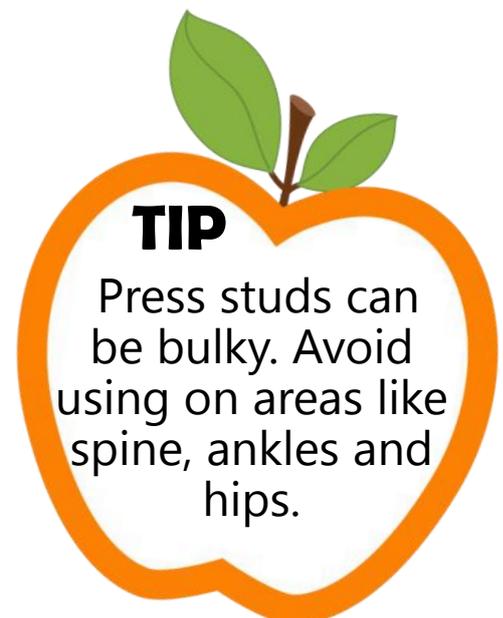
Mark the location of the stud on both fabrics.

Press, hammer or sew in the stud and check alignment before adding any additional press stud pairs.



Pulling press studs apart can cause strain on the fabric underneath. Most plackets and areas where press studs are use will have multiple layers of fabric underneath or a layer of interfacing to strengthen the fabric under the press stud.

Find out more about interfacing in the Interfacing Permit.



# Mending

## Repair or Replace

A functional notion such as a zipper can get a lot of use over time and become a point of failure. If a zipper breaks, it can sometimes be repaired.

The toggle that you pull up/down can come off the zipper. If this happens at one end then the toggle can usually be put back on, although it is a little fiddly lining up the teeth to get it on. Once re-attached, sew a few stitches through the damaged zip end to stop the toggle from coming off again.

If one of the zipper teeth comes off, it can not be easily repaired. In this instance it is best to replace by unpicking the old zipper and sewing a new one in its place.

Buttons can be easily sewn back on if they fall off, but if the centre of the button is damaged then it will need to be replaced.

Press studs will need to be replaced if they are damaged or fall off. To remove a faulty plastic press stud, use a nail punch tool and hammer the centre of the press stud to break the centre without harming the fabric.

## Alternatives

If a zipper is damaged and you are not confident to replace the zipper, you can often use an alternative to achieve provide the same functionality.

For example, the zipper in the fly of a pair of jeans can be removed and buttons, press studs or Velcro can be sewn in the fly instead.

Be mindful of the stresses being placed on the notion being replaced and how they may vary if replaced with a different fastener. A Velcro fly may pop open when bending as the fabric is under greater strain.

Refer back to page 4.

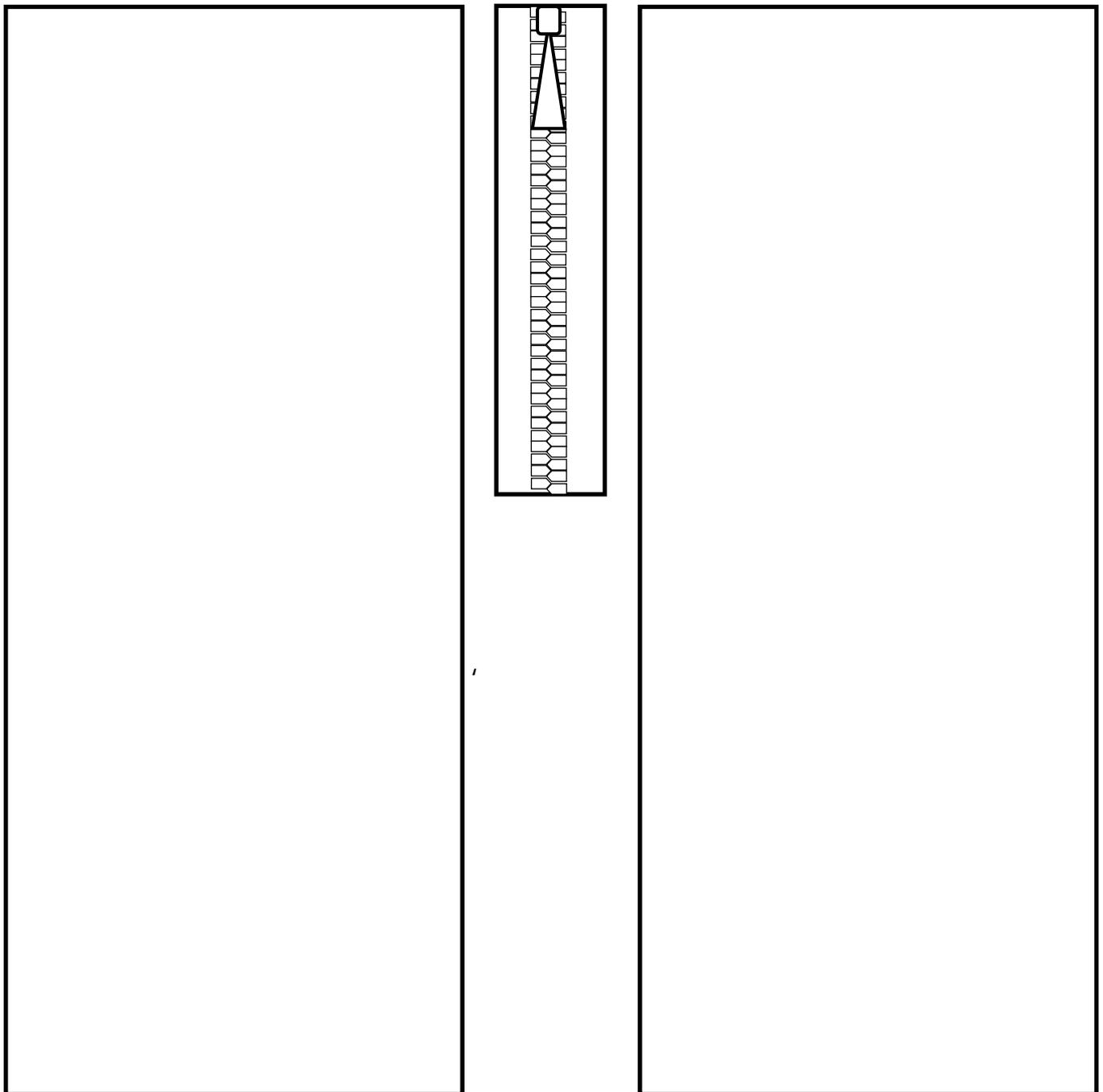
# Notions Permit

## Practice

Print this page. Cut out the 2 rectangles from a quilting cotton fabric.

Using the instructions from page 5, insert a short dress zipper between the 2 rectangles.

Repeat using a low stretch fabric. It can help to add a little interfacing behind the edge when sewing a zipper into stretch fabrics.



# Notions Permit

## Check list

Read & understand the entire Notions Permit document

Practice sewing a button hole using a zig zag stitch. If your machine has a button hole foot, also try it out.

Check the notions on your clothing for signs of wear/damage

Count how many different notions you can find at home

Complete the page 9 practice paper sewing sheet



Once all of the above have been ticked, you are now ready to attempt your first sewing project! Head to [www.patternorchard.com](http://www.patternorchard.com) to find more information about choosing a good first pattern as well as free patterns for you to try.

You can now fill out your name and the date on your Notions Permit license card below. Cut it out and keep it to remind you of how long you have been sewing for. Congratulations!

**Notions Sewing Permit**



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