

THERE ARE 2 MAIN CATEGORIES OF FIBRES USED TO MAKE MANY DIFFERENT TYPES OF FABRICS

Decorative Techniques

HAND STITCHING / EMBROIDERY

Natural Polymers/Fibres:

These are from animals or plants and are all **biodegradable** (rot away) and are **sustainable** as they will grow again so are environmentally friendly if they are produced **organically**.

Plant	Cotton	Flax (linen)	Hemp	Jute	Bamboo	Soya
Animal	Wool (sheep)	Mohair (goat)	Cashmere	Angora (rabbit)	Alpaca	Llama
Insect	Silk (worm)					



Cotton is produced from plants. To be totally environmentally friendly plant fibres must be produced **organically**. Most cotton is produced using pesticides which as well as killing the insects or diseases is also bad for the environment and makes the workers ill.

Manmade (Manufactured) Polymers/Fibres:

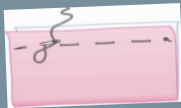
Synthetic: These are made from chemicals which come from oil or coal. These fibres are not environmentally friendly.

Regenerated fibres: These are made from a combination of chemicals and cellulose (tree products).

Synthetic	Acrylic	Polyester	Nylon	Lyra	Elastane	Polypropylene
Regenerated	Viscose	Rayon	Acetate	Lyocell (Tencel)		
Smart Fibres	Materials that change when exposed to change in temperature, pressure or light.					

PINNING AND TACKING

Allows you to secure your work in place before sewing



Pin your fabric shape onto your T-shirt. Make sure all your pins are running in the same direction. And keep the shape flat as you can so as not to create puckers or ruffles.

Thread your needle with a bright coloured thread so that you can see it easily. Keep your stitches long, well spaced out and loose so they can be removed easily.

Remember when hand stitching you need to double stitch the start and the end so it does not work loose. Don't make your thread too long or it will get tangled. Choose a fine needle, or the correct needle for the weight of fabric.



APPLIQUE a decoration for fabric, sewing a shape onto the surface of fabric



STITCH SELECTOR:

0 FOR STRAIGHT

1 FOR ZIG ZAG



STITCH WIDTH:
0 FOR straight stitch

STITCH LENGTH:
0 FOR applique

HAND DRAWN EMBELLISHMENT

