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SCHOOLS DIVISION OF NEGROS ORIENTAL
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



TLE-H.E.-DRESSMAKING

Quarter 2 – Module 1:

Pre-assembling Procedure for Sleeping Garments



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TLE-H.E. DRESSMAKING 9

Alternative Delivery Mode

Quarter 2 – Module 1: Pre-assembling Procedure for Sleeping Garments

First Edition, 2020

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TLE DRESSMAKING

Quarter 2 – Module 1: Pre-assembling Procedure for Sleeping Garments



Introductory Message

For the facilitator:

Welcome to the TLE-H.E.-DRESSMAKING 9 Alternative Delivery Mode (ADM) Module on Pre-assembling Procedure for Sleeping Garments!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.









As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.




For the learner:

Welcome to the TLE-H.E.-DRSSMAKING 9 Alternative Delivery Mode (ADM) Module on Pre-assembling Procedure for Sleeping Garments!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

 <i>What I Need to Know</i>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <i>What I Know</i>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <i>What's In</i>	This is a brief drill or review to help you link the current lesson with the previous one.
 <i>What's New</i>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <i>What is It</i>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <i>What's More</i>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <i>What I Have Learned</i>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <i>What I Can Do</i>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

 Assessment	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
 Additional Activities	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 Answer Key	This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

This DRESSMAKING course leads to National Certificate Level II. This is designed for Grade 9 student to develop competencies: plans, designs and sews sleeping garments and children's wear. It discusses and explains the tools, materials and equipment used in the making of desired products. It also demonstrates different techniques and processes which will guide the learner in developing the skills and knowledge to work effectively and efficiently.

The module has three lessons, namely;

Lesson 1 – Preliminaries of Construction Process

Lesson 2 – Seam Allowances

Lesson 3 – Unit Method of Construction in Clothing

After going through this module, you are expected to:

1. Explain the pre-assembling procedure in assembling the sleeping garment;
2. Give appropriate seam allowances; and
3. Appreciate the advantages of the unit method.



What I Know

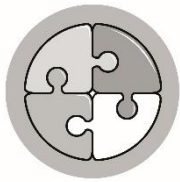
Directions. Give the seam allowances (in inches) to be added to the following sewing edges. Write your answer on your quiz notebook.

1. Side seams
2. Shoulder
3. Neck edge
4. Back crotch
5. Sleeve caps

Lesson 1-3

Pre-assembling Procedure for Sleeping Garments

Garment construction is not difficult if the cut parts are well-prepared and pinned properly.



What's In

Direction: Answer the question below. Write your answer on your activity notebook.

1. What are the key points in preparing cut parts of a garment?

Essay Rubrics

Areas of Assessment	10 points	7 points	4 points	1 point
Ideas	Presents ideas in an original manner	Presents ideas in a consistent manner	Ideas are too general	Ideas are vague or unclear
Organization	Strong and organized beg/mid/end	Organized beg/mid/end	Some organization; attempt at a beg/mid/end	No organization; lack beg/mid/end
Understanding	Writing shows strong understanding	Writing shows a clear understanding	Writing shows adequate understanding	Writing shows little understanding
Mechanics	Few (if any) errors	Few errors	Several errors	Numerous errors
TOTAL POINTS				



Notes to the Teacher

The following are information that would lead to the activities and assessment. Some activities may need your own discretion upon checking or you may use a rubric if provided. Please review the activities and answer keys and amend if necessary.



What's New

Direction: Tell what the person is doing. What is the connection of these activities to garment construction? Write your answer on your notebook.

1.



2.



3.



Essay Rubrics

Areas of Assessment	10 points	7 points	4 points	1 point
Ideas	Presents ideas in an original manner	Presents ideas in a consistent manner	Ideas are too general	Ideas are vague or unclear

Organization	Strong and organized beg/mid/end	Organized beg/mid/end	Some organization; attempt at a beg/mid/end	No organization; lack beg/mid/end
Understanding	Writing shows strong understanding	Writing shows a clear understanding	Writing shows adequate understanding	Writing shows little understanding
Mechanics	Few (if any) errors	Few errors	Several errors	Numerous errors
TOTAL POINTS				



What is It

Preliminaries of Construction Process

1. Soak the fabric for a few minutes. If resistant to water add soap and wash.
2. Hang the fabric in the clothes line but do not squeeze.
3. Iron the fabric if necessary.

Laying out Printed Fabrics

Printed fabrics with one direction need careful position to be sure that the prints match together. Patterns can only be placed in one direction just like with Curdoroy and velvet.

Laying Pattern over the Fabric

1. Clean the table to have a spacious place to work on.
2. Fold the material with the right face on the inside.
3. Lay the entire pattern on the lengthwise grain.
4. Place weights over the pattern or pin the pattern so as not to be moved.
5. Trace all seam lines and other necessary marks to have a better result of work.
6. Add the necessary allowances before cutting.
7. Check all details to be assured that everything is traced properly.

Cutting the Fabric

1. Use sharp shears in cutting the fabric.
2. Move around the table while cutting.
3. Do not lift the fabric while cutting. You might accidentally cut another piece.
4. Let the pattern be folded with the parts to ensure that all pieces are properly attended to.

SEAM ALLOWANCES

Seam allowances are added amount of fabric beyond the traced pattern. It must be added to all sewing edges.

1. Neck edge, collars, pockets and facings need $\frac{1}{4}$ inch of seam allowance.
2. Shoulder, arm holes and sleeve caps need $\frac{1}{4}$ inch of seam allowance.
3. Hem of sleeves, skirts, blouses polos, shorts is $1 \frac{1}{4}$ inches allowance.
4. Back crotch of shorts pants or trousers is $1 \frac{1}{4}$ inches allowance.
5. Side seams of blouses, blazers and skirts is 1 inch allowance.

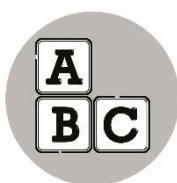
THE UNIT METHOD OF CONSTRUCTION IN CLOTHING

One method used today in sewing is the unit method of construction. It makes sewing easier because of the systematic procedure used in the construction.

Unit method of construction is the system of sewing a garment part by part or unit by unit. A unit is a separate part of a garment. When the cloth is cut, each portion becomes a unit. The collar is one unit. So are the following: front blouse, back blouse and sleeves.

The unit method of construction has the following advantages:

1. To put together the smallest pieces for easy handling.
2. A completed part can be set aside and easily be attached.
3. Speed is attained.
4. The individual will enjoy sewing because of the systematic way of constructing garments.



What's More

Direction: Arrange the steps in laying out the pattern over the fabric. Copy each sentence and write your answer on the space provided. Mark the first step as **a**, second as **b**, and so on. Write your answer on your notebook.

- ___ 1. Place weights over the pattern or pin the pattern so as not to be moved.
- ___ 2. Check all details to be assured that everything is traced properly.
- ___ 3. Fold the material with the right face on the inside.

- ___ 4. Clean the table to have a spacious place to work on.
- ___ 5. Trace all seam lines and other necessary marks to have a better result of work.
- ___ 6. Lay the entire pattern on the lengthwise grain.
- ___ 7. Add the necessary allowances before cutting.



What I Have Learned

Direction: Complete the sentence by filling the blank. Write your answer on your notebook.

In the past I have been _____.
_____. But now that I know the Pre-assembling procedure in
garment construction, I will _____.
_____.



What I Can Do

Direction: Part of a sleeping garment is an eye cover. Today, you are to sew an eye cover. Just follow the steps provided for you.

SEWING AN EYE COVER



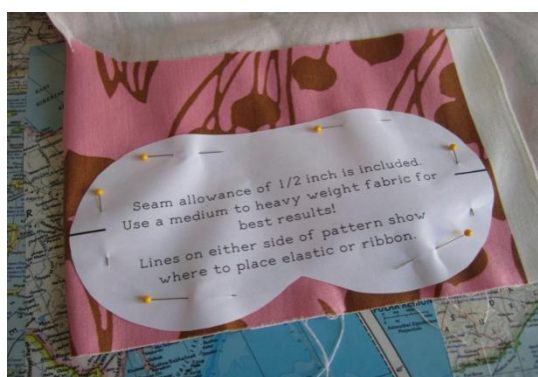
Step 1: What You'll Need:



- Scissors
- pins
- thread + needle
- 1/4 inch or wider elastic
- fabric of choice (something medium or heavy is best - upholstery fabric is great here!)
- felt for lining and/or something to fill the mask

Note: You may use a sewing machine if you have one.

Step 2: Print the Pattern and Cut Out Pieces!



Cut out the mask and pin liberally to your fabric, then cut it out.

If you want a felt lining, do the same with the felt.

Step 3: Measure Elastic and Pin Everything Together.



To measure your elastic, hold one end at the outside edge of your right eye, stretch it gently with the other hand and pull the other end of the elastic around the back of your head until you reach the outer edge of your left eye. Hold this spot with the fingers of your left hand and trim.

Place one side of the mask on the table, right side facing up. Pin the elastic to the right edge as shown, then pin to the other edge. Bunch the elastic in the middle of the mask.

Lay the other half of the mask right side down on the first. If you're using felt, place that on top. Now pin everything together! Leave a space a little wider than normal between two pins - this will let you know where to avoid sewing. You'll turn the mask right side out there.

Step 4: Sew and Trim!



First remove all the pins! To remove the ones holding the elastic to the mask, slip your fingers between the two pieces of cloth the mask is made of and pull the pins out.

Starting at the right edge of where you want your opening to be, sew all around the mask using a 1/2 inch seam allowance, ending at the pin marking the left side of the opening.

Make sure to backstitch at the beginning and end of your sewing line.

Clip your strings and then cut the excess felt away very close to the sewing line. (Maybe leave 1/8 inch?)

Go back around (with pinking shears if you have them!) and cut away the excess fabric and elastic, leaving 1/4 inch or less, except for the opening - leave the full amount there! You'll be turning this in and sewing over it to close the opening.

Step 5: Turn It Right Side Out, Fold in the Opening and Topstitch the Edges!



To turn the mask right side out, reach into the opening between the two pieces of the mask and begin to pull the insides out. You'll want to do this slowly and carefully so you don't rip any stitches. :)

Gently tuck the excess fabric of the opening into the opening so that it folds over itself and forms a nice clean, curved line as shown in the second photo.

Once this is done, topstitch the entire edge of the eye mask using a 1/4 seam allowance. This will make the mask look more professional, let it lay flatter, and close the opening.

Step 6: And You're Done!



*Note: Let your elders supervise you when doing the task.
Submit your work to your teacher for checking.*

You will be graded using the following criteria:

Workmanship	40%
Resourcefulness	20%
Giving appropriate seam allowances	30%
Accuracy and neatness	10%
TOTAL	100%



Assessment

A. Which sewing edges have the following seam allowances? Write your answer inside the box. Do this on your notebook.

Crotch of trouser facings side seams of skirts
Hem of shorts arm holes pockets side seams of blazers
Side seams of blouses hem of skirts

1/4 inch	1 inch	1 1/4 inch
1.		
2.		
3.		

B. Give the advantages of the Unit Method of Construction in Clothing.

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



Additional Activities

Direction: Write your personal reflection about your insights and learning on the lessons. Do this on your notebook.



Answer Key

<p>What I Know</p> <p>1.1</p> <p>2. 1/4</p> <p>3. 1/4</p> <p>4. 1 1/4</p> <p>5. 1/4</p> <p>What's New</p> <p>1. soaking</p> <p>2. hanging</p> <p>3. ironing</p> <p>These activities are the pre-assembling procedure in garment construction.</p>	<p>What's More</p> <p>1. d</p> <p>2. g</p> <p>3. b</p> <p>4. a</p> <p>5. e</p> <p>6. c</p> <p>7. f</p> <p>Assessment</p> <p>A. 1. Facing</p> <p>2. arm holes</p> <p>3. pockets</p> <p>B.</p> <p>1. To put together the smallest pieces for easy handling.</p> <p>2. A completed part can be set aside and easily be attached.</p> <p>3. Speed is attained.</p> <p>4. The individual will enjoy sewing because of the systematic way of constructing garments.</p> <p>4. Side seams of skirts</p> <p>5. Side seams of blouses</p> <p>6. Side seams of blazers</p> <p>7. Crotch of trousers</p> <p>8. Hem of shorts</p> <p>9. Hem of skirts</p>
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References

Hilario, Carmelita B. *Clothing Technology Made Easy with Lesson Plan*. Valenzuela City: 24K Printing Co., Inc., 2001.

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Web Sites

https://www.google.com/search?q=a+woman+ironing&tbm=isch&ved=2ahUKEwjEzfejtoTsAhWNAaYKHExDfQQ2-cCegQIABAA&oq=a+woman+ironing&gs_lcp=CgNpbWcQA1CVgAhY9YYIYJOSCGgAcAB4AIABAIgBAJIBAJgBAKAB

https://www.google.com/search?q=soaking+cloth&tbm=isch&ved=2ahUKEwiXyJbRt4TsAhWRL6YKHWPCDioQ2-cCegQIABAA&oq=soaking+cloth&gs_lcp=CgNpbWcQDFCL1gRYi9YEYPXiBGgAcAB4AIABAIgBAJIBAJgBAKABAaoBC2d3cy13aXotaW1nwAEB&sclient=img&ei=1 NtX9egC5HfmAXjhLvQAg#imgsrc=f4Bit1LXdg047M

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<https://www.instructables.com/id/Eye-mask-pattern/>

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