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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 7:

### CHARACTERISTICS OF A WELL FITTED SLEEPING GARMENT



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## **TLE-H.E. DRESSMAKING 9**

### **Alternative Delivery Mode**

#### **Quarter 2 – Module 7: Characteristics of a well Fitted Sleeping Garment**

**First Edition, 2020**

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# **TLE**

# **DRESSMAKING**

**Quarter 2 – Module 7:**  
**CHARACTERISTICS OF A WELL  
FITTED SLEEPING GARMENT**



# Introductory Message

For the facilitator:

Welcome to the TLE-H.E.-DRESSMAKING 9 Alternative Delivery Mode (ADM) Module on Characteristics of a Well Fitted 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 Characteristics of a Well Fitted 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:

 <b><i>What I Need to Know</i></b>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <b><i>What I Know</i></b>	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.
 <b><i>What's In</i></b>	This is a brief drill or review to help you link the current lesson with the previous one.
 <b><i>What's New</i></b>	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.
 <b><i>What is It</i></b>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <b><i>What's More</i></b>	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.
 <b><i>What I Have Learned</i></b>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <b><i>What I Can Do</i></b>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

 <b>Assessment</b>	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
 <b>Additional Activities</b>	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 <b>Answer Key</b>	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 13 – Characteristics of Well Fitted Sleepwear

Lesson 14– Evaluation of Finished Clothing

Lesson 15– Project Label

After going through this module, you are expected to:

1. Discuss the characteristics that make a well fitted garment;
2. Make a project label;
3. Value the importance of producing a well fitted garment.



## ***What I Know***

**Directions.** Enumerate the five factors that determine whether a garment has a good fit or not. Write your answer on your activity notebook.

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. |    |

## Lesson 13-15

# CHARACTERISTICS OF A WELL FITTED SLEEPING GARMENT

A well-fitted garment is a source of satisfaction and looks nice. A well-fitted garment has the optimum amount of ease and its seam lines follow the general silhouette of the body. Any fitted garment is judged by its appearance on the wearer and its success depends a great deal on its fitting. Fitted garments are comfortable and allow the wearer to perform normal activities. They also fit snugly on the body of the wearer.



### ***What's In***

As a review, let us do the activity below. Check the appropriate box that matches the amount of heat to be applied in pressing each type of fabric. Write your answer on your activity notebook.

TYPES OF FABRIC	HIGH	MEDIUM	LOW
1. wool			
2. nylon			
3. acetate			
4. linen			
5. cotton			



### ***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***

Try to look at the picture on the right. What can you say about the picture? Yes, the girl is wearing a pajama and she looks happy wearing it. Do you wear pajama too? Why or why not?



## ***What Is It***

### **EVALUATION OF FINISHED CLOTHING**

The factors, which determine whether a garment has a good fit or not are ease, line, grain, set and balance. They are referred to as the standards for a good fit and they are also interrelated to one another.

1. **Ease** – is the garment comfortable around the armhole, neckline and bodice?

Ease is also the difference between the actual body measurements and garment measurements. This amount varies with the fashion, type of garment and personal taste. A garment constructed with optimum ease would be the right size. Pulling and drawing across the bust, shoulders or hiplines show that the ease is insufficient. Excess ease causes folds across the loose areas giving a baggy appearance to the garment. Too much ease will be seen in too long shoulder seams, many folds across the neck and chest and waistline being too loose. If a garment is of a good fit then it should fit without any wrinkles or strain.

- Back shoulder seam eased on to front about 1/2".
- Ease around bustline about 4".
- Ease across back 1/2 " to 3/4"
- Ease across chest 1/4" to – 3/8".
- Ease through hips, standing 1 1/2"
- Ease of skirt at waistline to fit on to belt – 1" or 1/4" on each quarter.
- The ease at the back of sleeve cap 2" to 3" (1" to 1 1/2 inch)
- Ease at elbow 1" (1/2" inch) to be able to bend elbow comfortably

2. **Grain** – is the garment cut in the lengthwise grain?

Threads or yarns, the units that make cloth, are called, "the grain". Be careful to say "crosswise grain" or "lengthwise grain" for clearness. Graceful folds in gathers, pleats, ruffles, and skirts occur if they follow the heavy threads.

3. **Line** – are the structural lines like dart, pocket, collar, side seam, armhole, neckline and hemline properly made?

The basic silhouette shows the lines in a garment. The circumference lines include neckline, armhole, waistline and wrist line. Lines should be smooth without folds and neat. There should be smoothly graded curves in back and front. Armhole should be oval, but not pointed or round in shape. It follows natural creases made where the arm joins the body. The curve lines should not be too low which will hinder the movements of the hand.

4. **Balance** – are the parts of the garments equally made with equilibrium? Are the collar tips the same? How about the pockets? The sleeves?

The garment should look balanced from left to right and front to back. The skirt should hang so that it extends the same distance from the centre to the right and left sides. The necklines should fit neck snugly at all points. If the shoulder seam stands away from shoulder at neck point and fits tightly at armhole point, the garment will look out of balance.

5. **Set** – are the parts properly attached like the sleeves, the collar, the waistband and pockets?

Well-fitted garment has a smooth set without any wrinkles. The slanting wrinkles are caused by the garment being strained over some curves or bulges of the body. Slanting wrinkles in sleeves and near the shoulder are unbecoming and uncomfortable. Crosswise wrinkles occur because the circumference below them is fitted too tight.

### **CHARACTERISTICS OF A WELL FITTED BLOUSE WITHOUT A COLAR**

1. The neckline is properly done and laid flat over the shoulder.
2. The shoulder is flat and the armhole is comfortable for movement.
3. The darts are correctly sewn.
4. Seams are straight.
5. Hips are comfortably done.
6. The waistline is comfortable.
7. Closures are properly attached.

### **CHARACTERISTICS OF A FINISHED NECKLINE**

1. The shape of the neckline is properly finished with the facing.
2. The neckline lies flat and is smoothly done.

### **CHARACTERISTICS OF A GOOD COLLAR**

1. Edges are properly sewn.
2. Curves are smoothly done.
3. Pointed edges are neatly finished and have the same size and shape.
4. Collar is smoothly finished.

### CHARACTERISTICS OF A FINISHED SLEEVE

1. The sleeve is well rounded around the sleeve cap.
2. The sleeve is comfortable at the armhole.
3. Freedom of movement is felt.

### PROJECT LABEL

All finished projects are to be labelled to identify the owner. Project label is written in a sheet of paper bearing the name of the student, grade level and section, name of project, the number of the project, date started, date finished, sample of fabric and cost of materials as well as the space for the teacher's signature. In checking the project, the grade will be based on the given criteria and date of submission.



## ***What I Have Learned***

Answer the following questions comprehensively. Write your answers on your activity notebook.

1. What is a project label? Why is it important in garment construction?
2. Why is it important to observe the factors in evaluating a finish clothing?

### Essay Rubrics

Areas of Assessment	10 points	7 points	4 points	1 point
<b>Ideas</b>	Presents ideas in an original manner	Presents ideas in a consistent manner	Ideas are too general	Ideas are vague or unclear
<b>Organization</b>	Strong and organized beg/mid/end	Organized beg/mid/end	Some organization; attempt at a beg/mid/end	No organization; lack beg/mid/end

<b>Understanding</b>	Writing shows strong understanding	Writing shows a clear understanding	Writing shows adequate understanding	Writing shows little understanding
<b>Mechanics</b>	Few (if any) errors	Few errors	Several errors	Numerous errors
<b>TOTAL POINTS</b>				



## ***What I Can Do***

Can you still remember the output that you made in Module 1? Yes, you made an eye cover which is very helpful when you are going to sleep. Now, you are going to make a **Project Label** for the eye cover that you made before. A table is provided for you on the next page as your guide. Do this on a short bond paper.

### **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

<b>PROJECT LABEL</b>			
Name: _____		Grade & Section: _____	
Project No. _____		Project Name: _____	
Date Started: _____		Date Finished: _____	
Sample Fabric: _____			
COST OF MATERIALS			
QUANTITY	DESCRIPTION	UNIT COST	TOTAL COST
Ex. ½ meter	cloth	P30.00	P15.00
Total Cost			
Grade: _____		Remarks: _____	
Checked by: _____		Date Submitted: _____	



## ***Assessment***

Directions: Read each item carefully. Choose the letter of your answer and write it on your notebook.

1. The project label bears the following information about the owner **EXCEPT**.
 

a. name of owner	c. name of project
b. sample of fabric	d. address of owner
  
2. A well- fitted garment has the following factors **EXCEPT**.
 

a. unity	c. ease
b. balance	d. line
  
3. How many inches allowance should be given to give ease at the around the bust line?
 

a. 5"	b. 2"	c. 4"	d. 3"
-------	-------	-------	-------
  
4. How many inches allowance should be given to give ease to the elbow to be able to bend it comfortably?
 

a. 1"	b. 2"	c. 3"	d. 4"
-------	-------	-------	-------
  
5. How many inches allowance should be given to give ease to the hips (standing)?

a. 1"

b. 1 1/2"

c. 2"

d. 2 1/2"

B. Write **TRUE** if the statement is correct and **FALSE** if it is incorrect.

1. A well-fitted garment has the optimum amount of ease and its seam lines follow the general silhouette of the body.
2. In sewing a blouse without a collar, the seams should be sewn curved.
3. The sleeve of the blouse is well rounded around the sleeve cap.
4. Fitted garments are comfortable and allow the wearer to perform normal activities.
5. In checking the project, the grade will be based on the given criteria and date of submission.



## ***Additional Activities***

**Direction:** Share your learning insights/reflection about the lesson. Answer this on your activity notebook.

I have learned that \_\_\_\_\_.

I have realized that \_\_\_\_\_.

I will apply \_\_\_\_\_.



## Answer Key

<b>What I Know</b>	
<b>1. ease</b>	
2. grain	
3. line	
4. balance	
5. set	
<b>Assessment</b>	
A.	
1. d	
2. a	
3. c	
4. a	
5. b	
B.	
1. True	
2. False	
3. True	
4. True	
5. True	

## References

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

Technology and Livelihood Education Teacher's Guide: Exploratory Course on Dressmaking/Tailoring

### Web Sites

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.aliexpress.com%2Fitem%2F32815452164.html&psig=AOvVaw1vfLnQDpSjdGTgvojEWU\\_J&ust=1605316160749000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMCol6ud\\_uwCFQAAAAdAAAAABAJ](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.aliexpress.com%2Fitem%2F32815452164.html&psig=AOvVaw1vfLnQDpSjdGTgvojEWU_J&ust=1605316160749000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMCol6ud_uwCFQAAAAdAAAAABAJ)

<https://www.textileschool.com/160/characteristics-of-well-finished-garments/>

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