

# **THIRD TERM E-NOTES FOR J.S.S. ONE HOME ECONOMICS**

## **WEEK ONE TO WEEK TWELVE**

### **SCHEME OF WORK**

<b>WEEKS</b>	<b>TOPICS</b>
1	Basic sewing processes: permanent stitches and temporary stitches
2	Basic sewing processes: decorative stitch e.g. satin, stem, herringbone e.t.c. seams.
3	Production of clothing and household articles/craft: list and explain simple relevant household articles and crafts, tools, equipments and materials for making a simple relevant articles and crafts.
4	(Practical work) Production of clothing and household articles/craft: construction of simple relevant articles e.g. apron, cap, bag, table mat, arm rest, head tie e.t.c.
5 & 6	Puberty and adolescence: meaning of Puberty and adolescence, signs of puberty in boys and girls, needs and challenges of the adolescence
7	Sexually transmitted infections (STIs, HIV/AIDs) meaning, causes, signs and prevention of STIs, HIV/AIDs.
8	Fundamental human right and rights of the child: enumerate the rights of the child
9 & 10	Entertainment in the home: meaning of entertainment, host/hostess, guests, importance of entertainment, preparation for entertainment, writing of invitation letter, types of entertainment styles e.g. cocktail, buffet, tray and table service, table laying.
11 & 12	Revision and Examination

**WEEK:**

**ONE**

**TOPIC:**

**BASIC SEWING PROCESSES**

**SUB-TOPIC:**

**TEMPORARY AND PERMANENT STITCHES**

## CONTENT

### STITCHING

Stitching is the process of passing threaded needle and thread in and out of a material to make a specific design. The design produced is made up of STITCHES.

#### IMPORTANCE OF STITCHES IN CLOTHING CONSTRUCTION

Stitches are used to:

- i. Join two or more pieces of fabric together.
- ii. Make decorative designs on articles.
- iii. Mend tears in clothes.

#### TYPES OF STITCHES

There are broadly three types of stitches: the temporary, the permanent and the decorative stitches.

##### **1. TEMPORARY STITCHES:**

These hold pieces of fabric together temporarily. They are removed as soon as they have served their purposes. Examples of temporary stitches are:

- i. **EVEN BASTING OR TACKING:** The stitches and spaces between them are equal. Work from right to left. Begin with the thread knotted or make a back stitch.
- ii. **UNEVEN BASTING OR TACKING:** This is made up of short and long stitches.
- iii. **DIAGONAL BASTING:** This is useful for holding together two or more layers of materials to prevent them from slipping out of position until finally stitching is completed. Start with a knotted thread. Push the needle vertically through all layers.
- iv. **TAILOR'S TACKS:** These are used for transferring pattern marking to two pieces of fabric at the same time. They are only suitable for thick strong cloth.

##### **2. PERMANENT STITCHES:**

These are used for joining two or more separate pieces of material together permanently. The thread used should match the fabric in terms of texture and colour. Permanent stitches include:

- i. **RUNNING STITCHES:** This is used in making a line or in joining two pieces of material. To make, start with two backstitches. Then push the needle tip in and out of the material, making small regular stitches. Work one stitch at a time.
- ii. **BACK STITCH:** This is a strong hand stitch that can be used in place of straight machine stitching. *To make:*
  - a. Fasten on the thread.

- b. Take one long running stitch.
  - c. Take a stitch back, and then bring the needle out again a little way along the seam line.
  - d. Repeat to desired length.
- iii. **OVER SEWING STITCH:** This is a strong, fine, light stitch used to join finished edges together. *To make:*
- a. Bring folded edges together and insert needle through front edge.
  - b. Slip needle through edges, at right angles to them, picking up little material.
  - c. To end, sew back three or four stitches and slip needle between edges and cut thread.
- iv. **HEMMING STITCH:** This is a slanting stitch used to hold down garment hems. It is worked from the wrong side of the garment. *To make:*
- a. Baste hem in position and press.
  - b. Sew from right to...