

# CARIBBEAN VOCATIONAL QUALIFICATIONS

## GARMENT PRODUCTION LEVEL 1

### Unit: ATAGAR0041A Assemble Garment

#### Topic: Yarns for Sewing

#### Instructions:

1. Read the information provided on the topic.
2. Review what you have learned by completing the activity sheet.
3. Use the answer key to assess your performance.

### *SEWING THREADS*

Sewing threads are special kinds of yarns that are engineered and designed to pass through a sewing machine rapidly. They form efficient stitches without breaking or becoming distorted during the useful life of the product. The basic function of a thread is to deliver aesthetics and performance in stitches and seam.

#### Qualities of a good thread

Threads used in garments must be durable enough to withstand the abrasion and needle heat that occur while sewing, garment finishing, stretching and recovery during wear. The higher the quality of the thread, the less special handling will be required. Poor quality thread has much lint and breaks easily and can take the joy out of any sewing project. Each type of thread has specific characteristics and will behave differently on sewing machines.

Requirements of good quality sewing thread:

- **Good tensile strength** to hold the stitched seam securely during wash and wear.
- **Smooth surface** ensures less friction between the needle and the material during high-speed sewing.
- **Uniform/even thickness** results in an even sewing thread, which moves smoothly and quickly through the needle eye and the fabric.

- **Good elasticity** enables thread to recover its original length immediately after the tension has been released.
- **Good colour fastness** provides immunity to the different agents the thread is exposed to during manufacture and washing.
- **Good resistance to chemical** for thread used in garments which may undergo washing, bleaching or dry-cleaning.
- **Good abrasion resistance** ensures a good sewing performance and makes the thread more durable.

## *Types of sewing thread*

The type of sewing you are doing will determine the kind of thread you need. Are you using sewing thread for:

- ✓ Dressmaking
- ✓ Embroidery
- ✓ Repairs
- ✓ Upholstery
- ✓ Or maybe quilting

Whatever type of sewing thread you choose, look for quality thread brand names like Gutterman, Rasant, Coates and Clark, and Mettler. Quality sewing thread will always make the difference, especially when dealing with tricky fabrics such as silk, wool and Lycra.

Here are some of the common sewing threads:

**Cotton thread** is best used with 100% cotton fabrics, and most commonly used for patchwork and quilting.



**Silk thread** is very smooth and travels through even the lightest most delicate fabrics without leaving a mark, as well as being very strong, it is an excellent choice for a



large variety of hand sewing projects. Other uses include decorative stitching.

**Elastic thread** is used in the bobbin in combination with regular thread in the top stitch because the elastic thread is too thick to be threaded through the machine needle. Elastic thread is great for elastic waist bands, ruffles, and techniques like shirring.



**Polyester thread** is a multipurpose weight and suitable for all types of fabric including stretch. This is the most commonly used

thread for sewing. It is available in the largest



colour range. Polyester thread has superior sunlight (UV) and mildew resistance. This makes it the first choice for sewing things that are used outdoors.

**Embroidery thread** is used for a large variety of needlework projects - cross-stitch, counted thread, embroidery, needlepoint, smocking, crewel, punch embroidery, appliqué and quilting.



**Metallic thread** is usually used in combination with other embroidery thread – both in machine embroidery as well as hand embroidery. In cross stitch, needle point



blackwork and other embroidery techniques they are used as a highlight, giving the work richness and grandness.

**Nylon thread** is used for sewing almost anything that requires strength and durability. It is strong, easy to use, and a great choice for sewing fabric, leather, canvas, and vinyl. Nylon thread thickness sizes range from hair-thin to cord-like.



**Rayon thread** is highly absorbent and fade-resistant. Many people use **rayon** for their embroidering, topstitching, and monogramming. It is not recommended for seam construction because it's not as strong as polyester and becomes even weaker when wet.

**Denim thread** for jeans and denim items.



**Clear thread** (also called monofilament or **invisible**) is perfect for topstitching on fabrics with a wide range of colours, values and visual textures. .

## Activity Sheet

30 mins

### Instructions

- Answer all questions
- When you are finished, use the answer key to assess your performance.

1). Fill in the blanks with the appropriate thread.

- i. I am very strong and smooth. ....
- ii. I am suitable for all types of fabrics. ....
- iii. Some refer to me as invisible. ....
- iv. I can be fine like hair or thick like cord. ....
- v. I tend to get weaker when I'm wet. ....
- vi. I am too thick for the eye, use me below. ....
- vii. I carry the largest colour range. ....
- viii. Choose me if you need a highlight. ....
- ix. I am best suited for my own kind. ....

(9 marks)

2). State the type of thread best suited for the following sewing tasks.

- i) Hemming a pair of jeans .....
- ii) Shirring a sleeve cuff .....
- iii) Making a cushion for an outdoor chair .....
- iv) Quilting a multi-coloured table mat .....
- v) Decorative hand stitches on a tray cloth .....
- vi) Replacing buttons on a leather jacket .....

(6 marks)

3). Give the reason for each of the following requirements for good quality sewing thread.

- i) Smooth surface.....
- ii) Good colour fastness.....
- iii) Good tensile strength.....
- iv) Even thickness.....
- v) Good elasticity.....

(10 marks)

Total 25 marks

## Answer Key

1). Fill in the blanks with the appropriate thread.

- |       |   |           |
|-------|---|-----------|
| i.    | I am very strong and smooth.                | Silk      |
| ii.   | I am suitable for all types of fabrics.     | Polyester |
| iii.  | Some refer to me as invisible.              | Clear     |
| iv.   | I can be fine like hair or thick like cord. | Nylon     |
| v.    | I tend to get weaker when I'm wet.          | Rayon     |
| vi.   | I am too thick for the eye, use me below.   | Elastic   |
| vii.  | I carry the largest colour range.           | Polyester |
| viii. | Choose me if you need a highlight.          | Metallic  |
| ix.   | I am best suited for my own kind.           | Cotton    |

(1 mark for each correct response)

(9 marks)

2). State the type of thread best suited for the following sewing tasks.

- i) Hemming a pair of jeans. **Denim**
- ii) Shirring a sleeve cuff. **Elastic**
- iii) Making a cushion for an outdoor chair. **Polyester**
- iv) Quilting a multi-coloured table mat. **Clear or Invisible**
- v) Decorative hand stitches on a tray cloth. **Embroidery**
- vi) Replacing buttons on a leather jacket. **Nylon**

(1 mark for each correct response)

(6 marks)

3). Give the reason for each of the following requirements for good quality sewing thread.

i) Smooth surface ensures less friction between the needle and the material during high-speed sewing.

ii) Good colour fastness provides immunity to the different agents the thread is exposed to during manufacture and washing.

iii) Good tensile strength to hold the stitched seam securely during wash and wear.

iv) Even thickness results in an even sewing thread, which moves smoothly and quickly through the needle eye and the fabric.

v) Good elasticity enables thread to recover its original length immediately after the tension has been released.

(2 marks for each correct response)  
(10 marks)

Total 25 marks

**23 - 25 Excellent    18 – 22 Very Good    10 – 17 Good**

**9 and under – Review information and try again**

## *References*

<https://blog.treasurie.com/sewing-thread-types/>

<https://www.superiorthreads.com/education/thread-characteristics>

IMAGES: Public Domain, Free for Commercial use, License CC0

Assorted Threads <https://www.pikrepo.com/fahux/photography-of-assorted-treads-with-needle-on-white-textile>

Cotton Thread <https://www.pikist.com/free-photo-vwhep>

Silk Thread [https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pxfuel.com%2Fen%2Ffree-photo-ezvdg&psig=AOvVaw22qUH-U2gGfEblQiQP3cw5&ust=1588730499728000&source=images&cd=vfe&ved=2ahUKEwi-zvS50JvpAhVXRzABHQUoA\\_0Qr4kDegUIARDOAQ](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pxfuel.com%2Fen%2Ffree-photo-ezvdg&psig=AOvVaw22qUH-U2gGfEblQiQP3cw5&ust=1588730499728000&source=images&cd=vfe&ved=2ahUKEwi-zvS50JvpAhVXRzABHQUoA_0Qr4kDegUIARDOAQ)

Polyester Thread <https://www.peakpx.com/609844/assorted-threads>

Nylon Thread <https://www.publicdomainpictures.net/en/view-image.php?image=2629&picture=detail-of-sewing-thread>

Embroidery Thread <https://www.pickpik.com/thread-embroidery-sewing-craft-floss-colorful-64061>

Metallic Thread <https://www.pikist.com/free-photo-iuux>

Denim Thread <https://www.piqsels.com/en/public-domain-photo-zimdo>

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Elastic Thread <https://www.flickr.com/photos/plusea/with/30827861737/>