

Sewing For Beginners - 5 Projects, Supplies, and Resources.

“The most creative act you will ever undertake is the act of creating yourself” - Deepak Chopra.

Your forehead scattered with perspiration, your fingertips raw, your muscles aching from the odd angled for hours on end. Yet you feel elated, jubilant because you have made this object - from scratch.

I have always found myself inspired by fabric stores, a type of exhilaration among the meters and meters of rolled-up fabric that's just waiting for someone to create something with it. Whether you were inspired or simply decided its time to dust off the trusty old sewing machine. Here are 5 easy sewing project ideas, what you will need for them as well as the how-to guides to help you get back in the 'sewing' of things.

Before we get started, here are a few things every sewing project will need:



1. A tape measure.
2. Two pairs of sharp scissors.
3. Pins and needles.
4. A thimble.
5. Threads.
6. A sewing machine.

5 Beginners sewing projects from top bloggers, vloggers, and books.

1. How to make Pillow Cases by [Ellen Luckett Baker](#):

Throw pillows can really elevate your room and give it that soft homy feeling, but spending hours and hours in stores searching for the right colour and pattern to compliment your style is tedious. So in Ellen Luckett Baker's book 1.2.3 sew you can create pillows with interesting patterns and designs from leftover fabrics.

What you'll need:

- 50 cm linen and cotton blend fabric.
- 8 pieces (2"/5 cm wide x 12"/30.5 cm maximum length) cotton fabric scraps
- 50 cm double-sided fusible interfacing.
- 12" x 16"/30.5 cm x 40.5 cm pillow form.
- Chopstick.
- Seam allowance: 1/2"/12 mm.

If you are looking for a simpler quick design, see He Sewed, She Sewed mentioned in point 4.

2. How to Sew Hair Buffs by [Crafty Gemini](#):

Whether you are a cyclist or simply love head accessories, hair buffs are adored for countless reasons and even easier to make. This is also a really fun project for you and your little one!

What you'll need:

- Scissors.
- Measuring tape.
- Quality 100% Polyester thread (40-50 wt).
- Something to hold your fabric with like pins.
- Universal or ballpoint jersey sewing machine needle in size 70/10 or 80/12.
- Sewing machine with zig-zag stitch capability.

Crafty Gemini also has fantastic how-to video tutorials available [here](#).

3. Linen napkins from [DIY Network](#):

Why pay R150,00 for a napkin when you can custom make beautiful Linen napkins yourself!

What you'll need:

- Linen cut into 33.02 x 33.02 cm squares.
- Sewing machine
- Iron.
- Holding pins.

4. Sew Lined Curtains from [He Sewed she Sewed](#):

- As always, scissors, ruler, iron, ruler, measuring tape and pins.
- For this project make sure you have sufficient workspace.
- Curtain fabric, if you feel unsure ask one of the staff at your local fabric store.
- Lining fabric.

- Iron and board.
- Curtain grommets (Round circles at the top of your curtains).

The wife and husband team, [Mimi G](#) and her [husband Norris Danta Ford](#) really break down this seemingly daunting task into a few easy steps.

5. How to make Dumping pouch or small makeup bag from [Sew Sweetness](#)

Sew Sweetness has been so kind as to give a full [pdf](#) instruction manual along with their tutorial.

What you'll need:

- Pins, Iron, Rotary Cutter, and Cutting Mat, Scissors, Disappearing Ink Fabric Marker.
- Assorted 3.8cm strips of exterior fabric as well as 60 x 7.6 cm strip of solid fabric for accent
- ¼ metre of lining fabric
- 61cm x 22.9cm piece of foam interfacing
- 61cm x 22.9cm piece of Pellon SF-101 Shape Flex fusible woven interfacing (medium-weight fusible).
- 51cm zipper (#3 dress/skirt zipper)

Now that you have an idea, along with the supplies you'll need and the resources I would like to leave you with this, don't be afraid to start. It might seem complex at the beginning but soon you will find that by simply adding the pieces together you can create stunning pieces yourself! And if you get stuck you can always reach out to us or get some hands-on help in our sewing classes, like the [Absolute Beginners Sewing Course – Level 1.](#)

Where can I sign up for sewing courses?

[SoSo Intolt Academy](#) of Clothing Design is a training provider of non-formal, practical, short, hobbyist, skills and own business courses.

To do one of their [courses](#) you need a real interest in [sewing](#), [pattern making](#) and [clothing design](#). You don't need any prior learning or experience or training.

What courses can I sign up for?

[Absolute Beginners Sewing Level 1](#)

[Beginners Sewing Level 2](#)

[Sewing Certificate](#)

[Pattern Making Course Level 1](#)

[Pattern Making Course Level 2](#)

[Pattern Making Certificate Course](#)

[Comprehensive Clothing Design Certificate](#)

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Last Update: 10 February 2020

Sources:

1. 1, 2, 3 Sew: Build Your Skills with 33 Simple Sewing Projects By Ellen Luckett Baker - [Book](#)
2. 15 Sewing Blogs You Need t Follow Right Now - mybluprint.com

