

## Sewing Reference Cards

Directions: Print at full scale, cut on outside lines, hole punch, and attach to a keyring.  
(Laminate if you'd like extra durability.)

# Quick Sewing Reference Guide

[janome.com](http://janome.com)

**JANOME**

## Yardage Chart

Yards	Inches
1/8	4.5
1/4	9
1/3	12
3/8	13.5
1/2	18
5/8	22.5
2/3	24
3/4	27
7/8	31.5
1	36

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### Needle Size Guide

American/  
European

Fabric Type

9/65	Very Light: Chiffon, Georgette, Fine Lace, Organdy Net, Tulle
10/70 11/75 12/80	Light: Voile, Lawn, Pure Silk, Crepe de Chine, Sheer Crepe, Chambray, handkerchief Linen, Gingham, Challis, Percalé, Wool Crepe, Satin, Satin-backed Crepe, Single Knits, Jersey, Swim-wear, Tricot, Leather Suede
14/90	Medium: Flannel, Velour, Velvet, Muslin, Velveteen, Poplin, Corduroy, Broadcloth, Linen, Chintz, Gabardine, Felt, Terry, Burlap, Quilted Fabrics, Double Knits, Stretch Velour, Stretch terry, Sweater Knits
16/100	Heavy: Denim, Sailcloth, Ticking, Double Faced Wool, Heavy Coating, Fake Fur, Draper Fabrics, Canvas, Duck Upholstery Fabrics

*\*It's recommended that Janome machines use size 9-16 needles. Refer to your manual for the maximum size needle to safely stitch on your machine.*

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### Janome Needle Guide

#### Purple Tip

This size 14 ball point needle is specifically designed for Janome machines. The needle is best for heavy weight knits and dense embroidery designs. It's also the recommended needle for quilting with cotton thread.

#### Red Tip

This size 14 sharp point needle is great for general sewing on medium weight fabrics.

#### Blue Tip

This size 11 ball point needle is specifically designed for Janome machines. The needle works well on light-medium weight knit fabrics and is the recommended needle for light-medium weight embroidery.

*Note: The sewing life of a needle is 8 hours.*

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### Standard Quilt Sizes

Type	Mattress Size	Quilt Size (with approx. 10" drop on sides/bottom)
Crib/Baby	27" x 52"	40" x 60"
Throw	-	60" x 72"
Twin	39" x 75"	60" x 85"
Twin XL	39" x 80"	60" x 90"
Double/Full	54" x 75"	74" x 85"
Queen	60" x 80"	80" x 90"
King	76" x 80"	96" x 90"
Cal King	72" x 84"	92" x 94"

Standard Pillowcase: 20" x 26"

King Pillowcase: 20" x 36"

### Standard Linen Sizes

Type	Standard Size
Cocktail Napkin	6" x 6"
Lunch/Dinner Napkin	18", 20", 22", or 24" square
Table Runner	10"-15" wide x table length + 12"
Placemat	14" x 20"
Shower Curtain	70" or 72" square
Boudoir Pillow	12" x 16"
Standard Sham	20" x 26"
King Sham	20" x 36"
Euro Sham	25" x 25"
Standard Throw Pillow	16", 18" 20" square

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## 1-Step Buttonhole Guide

Quick Guide intended for Janome machines with 1-step buttonhole.

**Step 1:** Slide back of sliding buttonhole foot back and insert button into space. Slide back closed until the button is secure within the space.

**Step 2:** Attach buttonhole foot to machine.

**Step 3:** Mark buttonhole placement on project. *(Hint: Janome buttonholes always start at the bottom, stitch up to the top, then turn around and come back down the other side to complete the buttonhole.)*

**Step 4:** Slide project under buttonhole foot, aligning the red cross-hairs with the bottom middle of your buttonhole placement marking.

**Step 5:** Pull down buttonhole lever.

**Step 6:** Stitch buttonhole.

**Step 7:** Place straight pins directly on top of the top and bottom bar tacks of the buttonhole and cut fabric open.

*Note: Always test your buttonhole on scrap fabric to make sure it's the correct size. Check your manual for how to make length adjustments. Don't forget stabilizer!*

## Buttonholes 101



### Round End

Used on fine to medium weight fabrics, especially for blouses and children's clothes.



### Stretch

Suitable for stretch fabrics, can also be used as a decorative buttonhole.



### Fine Fabric

Rounded at both ends and used on fine, delicate fabrics like fine silk.



### Knit

Suitable for knit fabrics. Can be used as a decorative buttonhole.



### Keyhole

Widely used on medium-heavy weight fabrics. Suitable for larger/thicker buttons.



### Antique

This buttonhole looks like the heirloom stitch. Has a handmade appearance and makes a nice decorative buttonhole.



### Rounded Keyhole

Used for thicker buttons on medium weight fabrics.



### Welted

Template pattern for hand sewn welted (bound) buttonhole.



### Tailored

Durable design used with thick buttons on heavy fabrics.

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### Thread Thickness vs. Needle Size

Thread Type	Thread Size			
	#40	#30	#20	#10
Cotton	14-19 needle	16-21 needle	19-23 needle	20-23 needle
Polyester spun	12-18 needle	14-19 needle	19-23 needle	20-23 needle
Polyester Filament	11-16 needle	14-20 needle	18-22 needle	19-23 needle
Nylon Filament	11-14 needle	16-19 needle	18-21 needle	-

### Retreat Packing List

- ☐ Sewing Machine
- ☐ Sewing machine *power cord and foot pedal*
- ☐ Extra needles + bobbins
- ☐ Specialty machine feet needed for projects
- ☐ Cutting Mat, Rotary Cutter + extra blades
- ☐ Straight Edge, Rulers, Templates
- ☐ Fabric (Pre-cut if possible)
- ☐ Thread (piecing, top-stitching, quilting)
- ☐ Iron, Pressing Mat/Board, Fabric spray
- ☐ Thread Snips
- ☐ Fabric Scissors
- ☐ Pincushion, pins, clips
- ☐ Seam ripper
- ☐ Thread Catcher
- ☐ Fabric Marking Pen
- ☐ Project Patterns/Instructions
- ☐ Notions for projects (batting, interfacing, zippers, buttons, snaps, etc.)

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### Fat Quarter Square Cuts

Quantity	Square Size
99	2"
56	2.5"
42	3"
30	3.5"
20	4"
16	4.5"
12	5"
12	5.5"
9	6"
6	6.5"

### How many squares in a yard?

Quantity	Square Size
572	1.5"
320	2"
224	2.5"
143	3"
110	3.5"
80	4"
56	4.5"/5"
42	5.5"
30	6"/6.5"
20	7.5"
16	8.5"
12	9.5"
9	10.5"

*Note: We've assumed you have 40" of  
usable fabric width.*

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### Fat Eighth Square Cuts

Quantity	Square Size
198	1"
84	1.5"
44	2"
24	2.5"
21	3"
12	3.5"
10	4"
8	4.5"

### Charm Square Cuts (5")

Fabric Size	Quantity
1/4 Yard	8
1 Fat Quarter	12
1/2 Yard	24
3/4 Yard	40
1 Yard	56

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### Sewing Machine Maintenance Guidelines

**Before each Project:** Check to make sure sewing foot and needle are fully attached/inserted and secure. Double check the correct foot is on the machine for your selected stitch.

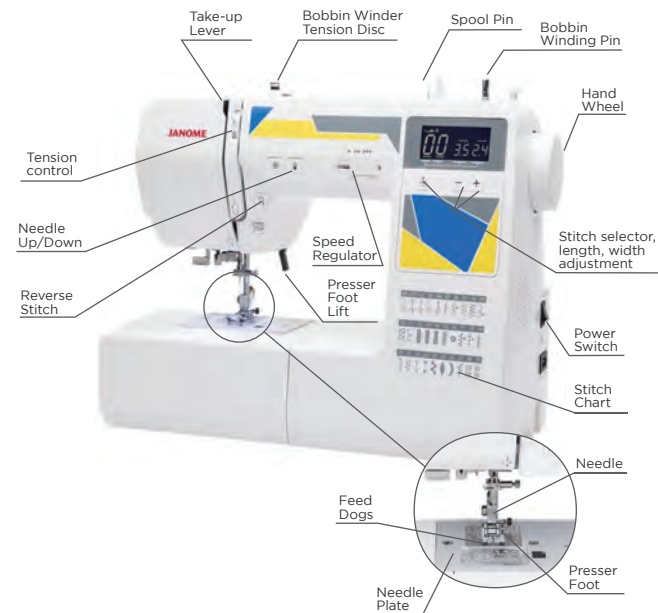
**After each Project:** Remove the needle plate, bobbin, and bobbin case. Use the small brush included with all machines to clean out any lint from this area, then reinsert bobbin case, bobbin, and reattach needle plate.

**Every 8 hours of Sewing:** Insert a new needle in the machine.

**Yearly:** Take machine to visit your closest Janome dealer or Authorized repair shop for annual maintenance.

*Note: Always check your machine manual for oil needs beyond the annual maintenance. Many of our machines are self-oiling and don't require extra beyond what the technician will refill each year.*

### Sewing Machine Parts



*Note: Your machine may have these in slightly different locations, or some features may not be included on your machine. Use the manual included with your machine if you're having trouble locating a specific button/feature.*

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## Sewing Terms

### BACK STITCH

A way to secure the beginning and ending of each stitched seam. You'll backstitch 4-5 stitches when you start and stop. This will keep what you've just sewn from coming undone.

### EDGE STITCH

This is a small stitched seam sewn on the right side of the fabric, typically about 1/8" from a finished edge.

### FABRIC RIGHT/WRONG SIDES

Fabric has a right and wrong side. Look at a piece of fabric and see if you can see which side is more colorful and which side is more muted. The right side is the side that we'll see on a finished project and the wrong side will be on the inside.

### HEM

The hem is a finished single edge of fabric, usually used to finish off clothing like shirts, skirts, or PJ pants. The fabric is folded under twice to hide away the raw edges and keep it from unraveling.

### SEAM ALLOWANCE

Seam allowances are how far away from the edge you'll stitch. When you stitch a 1/2" seam allowance, you're stitching a seam 1/2" away from the edge of your fabric. Common seam allowances are 1/4", 1/2", and 5/8".

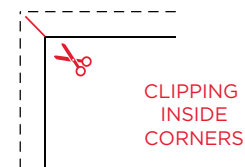
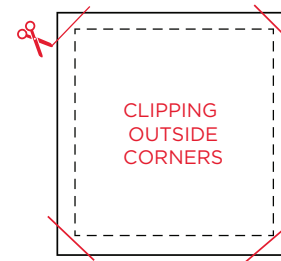
## Sewing Terms Cont.

### TOP STITCH

This type of stitch is very similar to an edge stitch but will be sewn a little farther away from a finished fabric edge. This type of stitch gives a very professional finish and is used often.

### CLIPPING

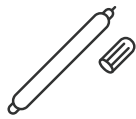
This refers to trimming away excess fabric from a sewn seam before turning right sides out or clipping notches in a seam to allow for fabric easement.



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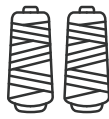
## Basic Sewing Tools



MARKING PEN



THREAD SNIPS



THREAD SPOOLS



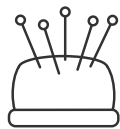
TAPE MEASURE



SEAM GAUGE



SAFETY PIN



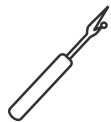
PINS & PIN  
CUSHION



FABRIC SCISSORS



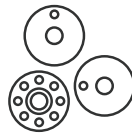
ROTARY CUTTER



SEAM RIPPER



IRON



BOBBINS

## Sewing Safety

- Keep cutting tools like scissors and rotary cutters closed when not in use.
- Make sure cords are out of the way so no one trips on them.
- Turn off machine before unplugging.
- Always watch where your hands and fingers are. Always keep them away from the sewing needle.
- Let the machine feed the fabric, no pushing or pulling necessary.
- Keep pins in a pincushion when not in use, never in your mouth.
- Don't sew over pins. Stop and remove them before you get to them.
- Test the heat of the iron by ironing the ironing board and touching the board itself, not moving your hand close to the iron.