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What is the best iron to use for sewing?

The only essential pressing tools are a sturdy ironing board, a steam iron and a pressing cloth. Although an iron that produces pressurized steam is ideal, one with a surge of steam feature is acceptable. There are various types of irons on the market. The iron with a thermostat is the entry level iron that produces no pressured steam at all, there maybe a small opening at the front of the iron so that water can be poured in and this will produce steam but this is a very irregular way of dealing with the areas that you want press as you have no control over when the burst of steam should be applied. The steam iron is the next one up. Pressing with steam iron saves you the step of dampening the fabric or pressing with a damp cloth, unless the fabric is especially sensitive. The amount of steam released and the temperature of the iron can be adjusted as needed. A shot-of-steam feature is very useful. A steam iron should be used on an ironing board that allows the steam to pass through the surface, otherwise moisture will collect underneath the garment. Finally and probably the best choice is the heavy duty steam iron with a separate water reservoir. This particular iron is attached to a container that holds a large volume of water. Steam is created under pressure in the reservoir and fed into the iron through a plastic tube. The steam immediately penetrates the fabric smoothing it quickly. The amount of steam released and the temperature are adjustable for every kind of fabric. This type of iron can also be used a steamer to smooth creases in garments such as suits, jackets and blazers, this can be achieved by hanging the garment on a sturdy hanger and steam pressed.

Careful pressing is as important as accurate stitching. In fact if you want professional results, you cant have one without the other. Note that the term press, rather than iron is used in sewing. The difference? To press means to move the iron across the fabric by lifting it up and putting it back down in an overlapping pattern. To iron means to slide the iron across the fabric with a back and forth motion. Ironing may distort the shape of the garment; pressing won't. The cardinal rule in sewing is "press as you go." This means that you should never, ever cross one seam with another without first pressing the original seam. This doesn't mean that you must constantly be hopping back and forth from ironing board to sewing machine. There are easy solutions, organise your sewing so that you are working on several different sections of the garment at the same time. Sew as far as you can on each section, then take them all to the ironing board and press everything that needs it. Just remember when sewing it is not about completing a garment in record time, just take your time and enjoy the project that you are working on.

The more sewing projects that you complete, the more ironing practice that you will get and therefore you will create the technique that suits you best.

In terms of choosing the right iron, choose the one that you are going to feel most comfortable with, very much like the sewing machine, choose the iron that appeals to you most and is going to give you the most satisfaction out of your sewing projects. For me personally, i would generally go for a steam generated iron. So basically one where the water reservoir is visible on the side of the iron. This type of iron gives the best results and gives you the most control over your sewing projects. An iron with a water reservoir can hold a lot of water so it means less time filling with water and more time on your garments.

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