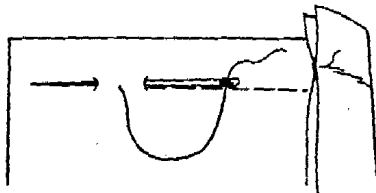


HAND SEWING TECHNIQUES

By John Wedeward

HAND STITCHES

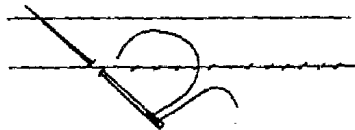
To strengthen your linen thread and prevent tangling, draw it over a cake of beeswax before threading it through the needle.



Backstitch

For the first stitch, insert the needle through the fabric from back to front. Pull the knot right up to the fabric at the seamline. Insert the needle about 1/4" to the right of the thread as it comes out of the fabric and bring it out again roughly 1/4" to the left of the thread. You will make a 1/2" stitch on

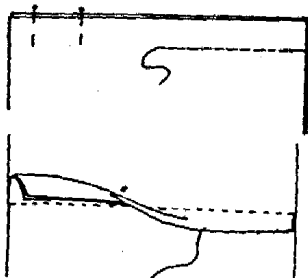
the back as you do this. Continue to insert the needle to the right and bring it up on the left of the thread. The stitches on the front will be neatly placed end-to-end. On the back they will be overlapping and irregular. End by making two small backstitches and a knot on the seamline.



Slipstitch

Working from right to left, insert the needle inside the fold and pull it out the front near the lower folded edge so that your knot will be hidden.

Holding the needle at a slant, pick up a tiny stitch of the single layer of fabric beneath the fold. In the same movement, pick up a more generous bit of the fold above it (a scant 1/4") and pull the thread through the layers drawing it snug. Repeat the stitch for the length of the hem or seam at a gauge of 5-7 stitches per inch. Fasten off the thread by taking several tiny backstitches in one place.



Felled Seam

With right sides together, match the cut edges of the seam allowances. Pin along the length of the seam. Backstitch the full length and fasten off your thread.

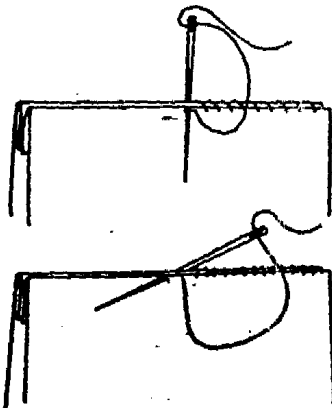
Open the seam and press seam allowances to one side. Roll both seam allowances so that the raw edges are hidden together next to the seam. Hold the roll in place with your thumb while you slipstitch the fold.



Fell Stitch

Press under the raw edges of the lining and baste it in place. Hold the fold of lining away from you and hide the knot under the fold. Working from right to left, take a small, deep stitch of the fabric and in the same movement, bring the needle out in the lining edge. Re-insert the needle above and slightly behind the point where the thread emerges. Repeat the stitch at a gauge of 5 per inch. Watch your tension to prevent wrinkles in the lining. To fasten off, hide a couple of backstitches in the garment behind the lining.

lining side
waistband side



Overhand Stitch

To make an overhand stitch you may hold the needle diagonal or perpendicular to the edges to be joined.

To join two folded edges, work from right to left after hiding your knot beneath the back fold. Insert the needle from back to front, through both folded edges. Pick up 2 threads on each fold and pull the stitch fairly tight. At a gauge of 11 stitches per inch, you will get a row of small even stitches. Depending on the way you hold your needle, they may be straight or slanting.