

HANDSTITCHING

- Hand needles have eyes, Pins have heads.
- Thread should be knotted at the **BOTTOM** of the length of thread being used NOT at the eye.
- Hand stitches should be small, even and consistent. This is done through practice.
- Knots are placed on the reverse or wrong side of the fabric.
- Thread should be pulled so that there is no extra loose thread behind the working stitch
- Stitches should not be pulled so tight that the fabric puckers.
- Thread should be appropriate for the type and weight of the fabric. Do not use 100% cotton thread on polyester/cotton fabric. The shrink will be different.
- If there is difficulty pushing or pulling the needle through the fabric use a thinner needle.
- **WHAT HAPPENS IF YOU PRICK YOUR FINGER?** You re one step closer to being an expert sewer! And you can get a really cool bandage!

HOW TO THREAD A HAND SEWING NEEDLE

Cut the thread the length needed. I recommend pulling the length of thread as long as your arm span. To determine this length hold the spool of thread in your left hand and the thread end with your right. Move your left hand left and your right hand right. Cut this length of thread with a small scissor. Take one end of the thread and pinch the very end so that there is no more than 1/4 inch length of thread extending from your finger tips. The thread should NOT dangle. It should remain stiff and straight. Hold the needle in your left hand with the eye facing the end of thread. Carefully push the end of thread through the eye of the needle. Once the end of thread is through the eye pull this end of thread to equal the length of thread and both ends are even. If this procedure continues to be difficult, place the end of thread between dampened lips. The dampened thread may be easier to thread the needle.

NOTE: if the end of thread becomes frayed the frayed end must be cut away. Cut the thread on a slight slant so that there is a point on the end of the thread. (see diagram)

DO NOT USE YOUR TEETH TO CUT THE THREAD. THE THREAD WILL CREATE RIDGES IN YOUR TEETH OVER TIME.

HOW TO MAKE A SEWING KNOT

Both ends of thread should be even

Hold the two ends of thread between the right thumb and right middle finger.

Wrap the thread around the index finger (forefinger) and clamp the crossover point to the thumb while releasing the thread from the middle finger.

Roll the crossed thread toward the front of the index finger and thumb and grab it with the same middle finger...

Now pull the knot....

This takes practice.

- Knot #2 while you learn the sewers knot.

Hold the two end of thread and make a square knot – right thread over left and through the loop...

Whew! Now on to the stitches!

HANDSEWING STITCHES

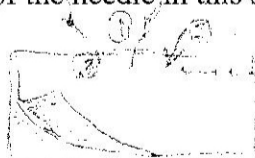
BACKSTITCH – The backstitch is the strongest type of stitch. It looks like a sewing machine stitch when done accurately. It is appropriate for any seam.

(1st stitch) Bring the needle up from the back of the project on the stitching line. Pull the thread the entire length. Insert the needle to the right of that first hole (where the thread is coming from) about 1/8" and insert the needle. In one motion bring the needle towards the left and come up from the back of the fabric about 1/8" now to the left of that first stitch (where the thread is coming from). Pull thread taught so that all the length of the thread is pulled through the fabric. (2nd stitch) Insert the needle into the end of the first stitch and bring the needle 1/16" to the left from the hole where the thread is coming. Repeat till your seam is finished! NOTE: you should never loose site of the needle in this stitch. All stitches are done on one side of the fabric.



PICKSTITCH - similar to BACKSTITCH process except there is a small space between stitches.

(1st stitch) Bring the needle up from the back of the project on the stitching line. Pull the thread the entire length. Insert the needle to the right of that first hole (where the thread is coming from) about 1/8" and insert the needle. In one motion bring the needle towards the left and come up from the back of the fabric about 1/8" now to the left of that first stitch (where the thread is coming from). Pull thread taught so that all the length of the thread is pulled through the fabric. (2nd stitch) Insert the needle into the FABRIC 1/16" away from the end of the first stitch and bring the needle 1/8" to the left from the hole where the thread is coming. Repeat till your seam is finished! NOTE: you should never loose site of the needle in this stitch. All stitches are done on one side of the fabric.



SADDLE STITCH – This is a tiny even stitch.

The thread comes from the back of the fabric and pulled taught so that the knot is secure against the fabric. Pull the thread all the way through the fabric. Insert the needle 1/4" away from where the needle is coming up and insert the needle. Pull the thread down through the fabric completely. Inserting thread from the under side of the fabric 1/4" away from the last stitch. Repeat. Stitches should be the same on each side of the fabric.



RUNNING STITCH – can be used as a basic basting stitch.

Similar to Saddle stitch. Except the UPSIDE is 1/8" and the downside is 1/4" Several stitches are made at the same time and thread pulled through three stitches at a time. NOTE: you should never loose site of the needle for this stitch.

WHIPSTITCH – This stitch is used when sewing edges of fabric together.

Whipstitches are on an angle. Thread comes **to the front of fabric from the back** with the knot securely against the fabric. The needle is inserted from the back to the front again and again...All stitches are done in this manner. (The OVERHAND stitch is done on the same manner as the whipstitch except the stitches are vertical)

FELLING – used for attaching on fabric piece or shape to a larger piece of fabric.

Similar to a whipstitch Felling stitches are on an angle. Thread comes to the front of fabric from the back with the knot securely against the fabric through the smaller piece of fabric as well. The one stitch secures the two pieces of fabric together. The needle is inserted into the large fabric and comes up through the back of the smaller fabric. The stitches should remain close to the edge of the smaller piece of fabric. NOTE: you should never loose site of the needle in this stitch.