

Skills for Living

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Topic 22-3

Basic Sewing Techniques

- In this topic, you will learn about important sewing steps, namely
 - ❖ **Stitching techniques**
 - ❖ **Darts and gathers**
 - ❖ **Seams**
 - ❖ **Fasteners**
 - ❖ **Hems**

Stitching Techniques, Darts, and Seams

Objectives for Topic 22-3

After studying this topic, you will be able to

- perform directional stitching and staystitching
- construct darts and gathers
- sew seams
- complete the construction of sewing projects that include fasteners and hems

Topic 22-3 Terms

- ❖ directional stitching
- ❖ staystitching
- ❖ dart
- ❖ easing
- ❖ gathering
- ❖ seam
- ❖ backstitching
- ❖ trimming
- ❖ grading
- ❖ clipping
- ❖ notching
- ❖ thread shank

Stitching Techniques

- Before you start your project, you need to be familiar with stitching techniques
 - ❖ *Directional stitching* is stitching in the direction of the grain
 - ❖ *Staystitching* is a line of machine stitching that keeps the edge of garment pieces from stretching out of shape

Did You Know...

- The ***bias*** is any diagonal direction on a piece of fabric
- The “true bias” of a piece of fabric exists along the line at a 45 degree angle to the selvage
 - ❖ This is where any woven fabric has the most stretch

Darts and Gathers

- Darts and gathers
 - ❖ give shape to your garment
 - ❖ are made before seams are sewn

Darts



- *Darts* are construction elements used to give shape and fullness
 - ❖ On skirts and slacks, darts begin at the waistline and taper to the hipline
 - ❖ In jackets, shirts, and blouses, darts taper to the fullest part of the chest

Did You Know...

- To prevent bubbles in a dart, you need to make the last few stitches right on the fold and leave the thread ends long enough to tie a knot

Gathering and Easing

- Gathering and easing are used when two seamlines of unequal lengths are sewn together
 - ❖ *Easing* involves making a piece of fabric fit a slightly smaller piece of fabric as a flat, curved seam is sewn
 - ❖ *Gathering* is creating ripples and soft folds in a fabric

Seams

- ***Seams*** are rows of stitches that join garment pieces
 - ❖ The ***plain seam*** is the most common seam
 - It is made by placing right sides of the fabric together
- ***Backstitching*** means to sew backward and forward in the same place for a few stitches to secure the thread ends

Trimming, Grading, Clipping and Notching

- ***Trimming*** is cutting away part of a seam allowance to reduce bulk
- ***Grading*** is trimming each layer of the seam allowance to a different width
- ***Clipping*** is making straight cuts toward, but not through, the stitching lines
- ***Notching*** is cutting small wedges from the seam allowance

Seam Finishes

- Seam finishes are treatments done after the seams are sewn to prevent raw edges from unraveling
 - ❖ Using pinking shears to cut close to the edge of the seam allowance creates a *pinked finish*
 - ❖ Pressing open the seam and stitching through one seam allowance at a time with the zigzag stitch gives a *zigzag finish*

Fasteners

- Parts of a garment are kept closed by one or more fasteners
 - ❖ snaps
 - ❖ hooks and eyes
 - ❖ buttons
 - ❖ hook-and-loop tape



Buttons

- When sewing buttons, allow space for a thread shank
 - ❖ A *thread shank* provides room for the button to lie over the buttonhole fabric
 - ❖ The length of the shank depends on the thickness of the garment

Hems

- Hemming is the final step in garment construction
- A well-sewn hem
 - ❖ is level
 - ❖ lies flat
 - ❖ cannot be noticed on the outside of the garment



Marking the Hem

- Have someone mark the desired length with pins as you stand straight and still
- Turn up the hem and pin it to the inside of the garment
- Press a light crease at the hem edge
- Mark an even width along the hem
- Trim along the marked line, cutting accurately

Finishing the Hem Edge

- The *turned and stitched finish* is used for medium-weight and lightweight fabrics that ravel
- The *stitched and pinked finish* is used for fabrics that do not ravel
- The *zigzag finish* is used most often for knits
- *Seam binding tape* is used for medium-weight and heavyweight fabrics that ravel

Stitching the Hem

- These and most other hems are stitched by hand using a single thread
 - ❖ hemming stitch
 - ❖ slip stitch
 - ❖ blind stitch
 - ❖ catch stitch
- Other hemming methods include machine stitching or using fusible material

Summary for Topic 22-3

- The basic stitching techniques are
 - ❖ directional stitching
 - ❖ staystitching
- Darts and gathers add shape to your garment
- Seams should be finished to prevent raw edges from raveling
- Adding fasteners and hemming are the last steps in garment construction