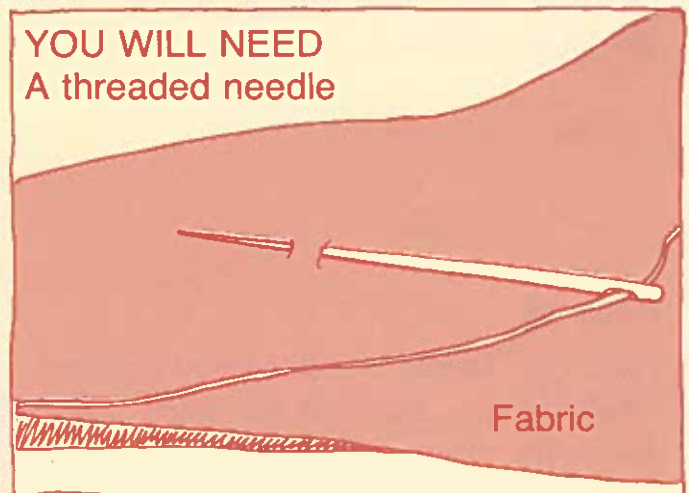
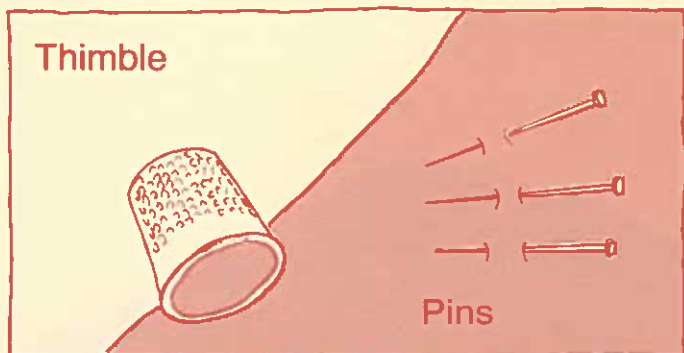




SEW BY HAND

You know how to thread your needle and tie the knot, so now you can learn some basic hand stitches.

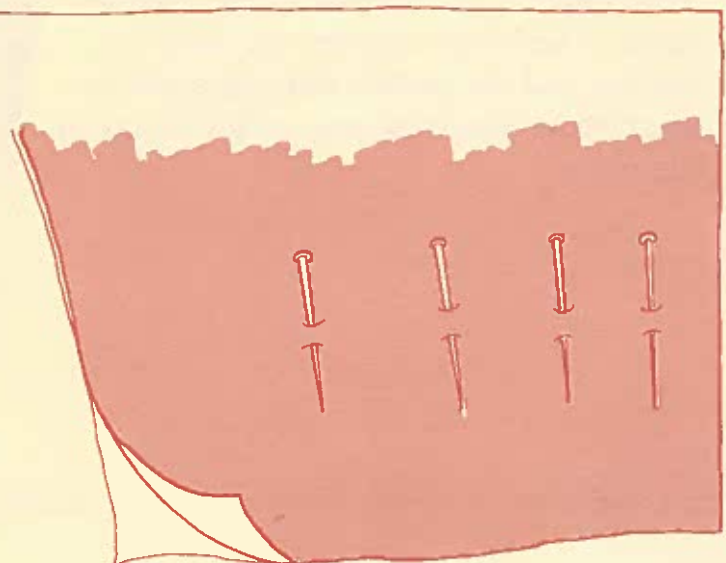


THE HAND BASTING STITCH

This stitch is used to hold two or more pieces of fabric together until they are machine stitched or sewn by hand.

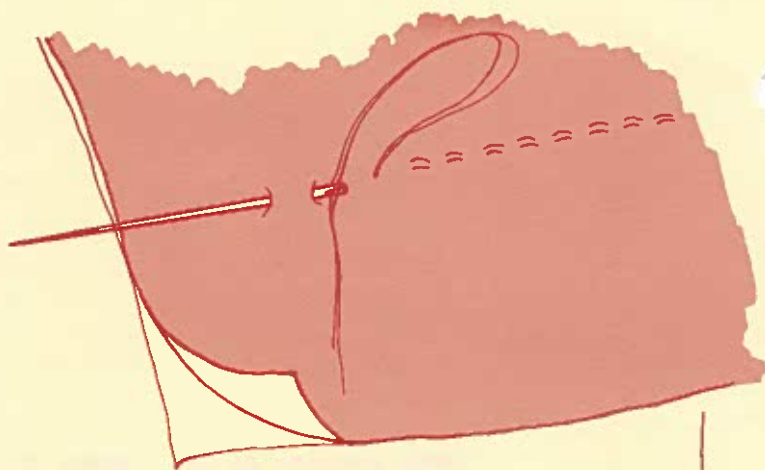
STEP 1

Place your work flat on the table and pin together the edges to be basted.



STEP 2

Working from right to left (or left to right, if you are left-handed), put the needle down through the fabrics. Bring it out again about 1/2 inch ahead, making a stitch even with the edge.



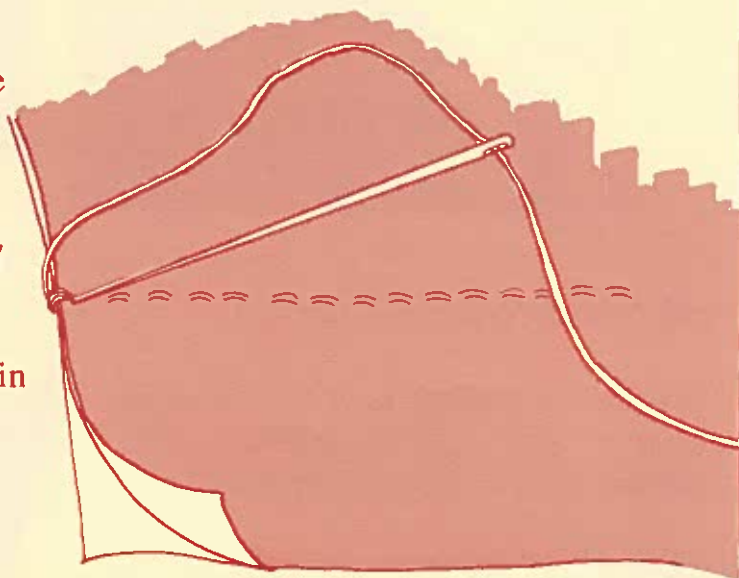
STEP 3

Draw the thread tight enough to make it lie flat on the fabric.

STEP 4

Fasten the thread by taking two or three small stitches, one over the other. This makes the thread easy to rip out.

This stitch is also known as the *running stitch*. The longer stitches are used for basting and the shorter running stitch is used where you want your stitch to stay in the fabric.

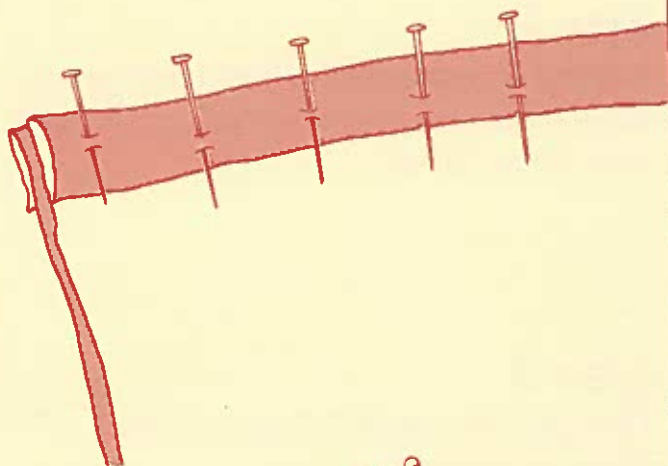


THE WHIP STITCH

The whip stitch is used when a strong, secure seam is needed.

STEP 1

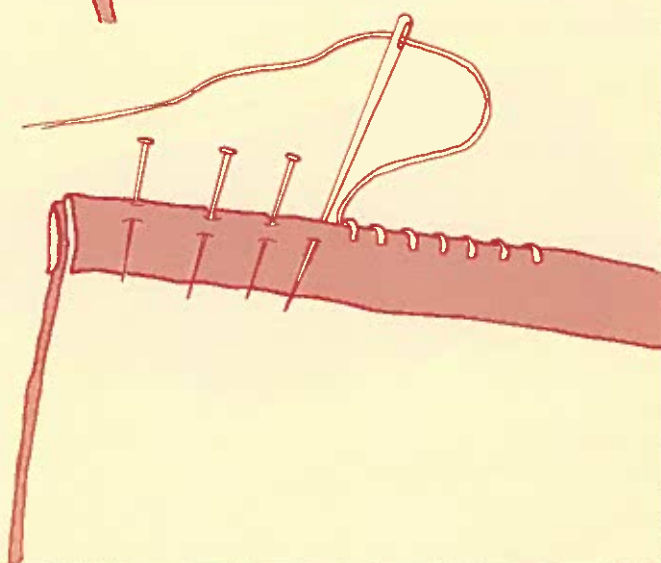
Pin the two edges together with the seam lines matching.



STEP 2

Take stitches over the edge with the needle held in a slanted position.

Keep the stitches the same size, slanting the same way and the distance between them the same.

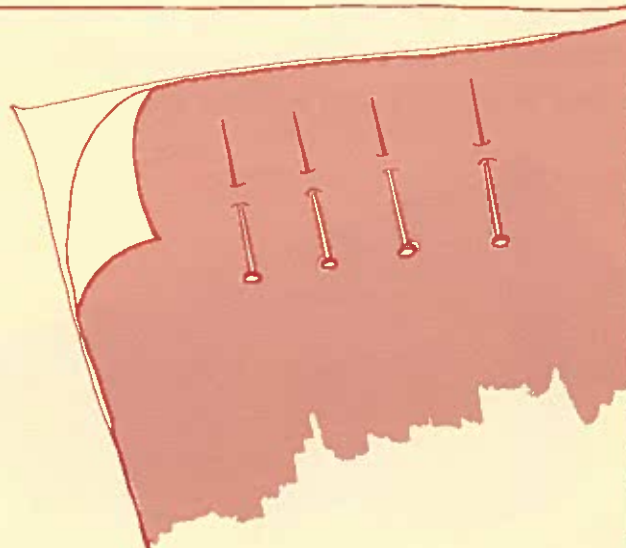


THE BACKSTITCH

The backstitch is a strong handstitch. You can use this stitch in making your 4-H projects when you have no sewing machine.

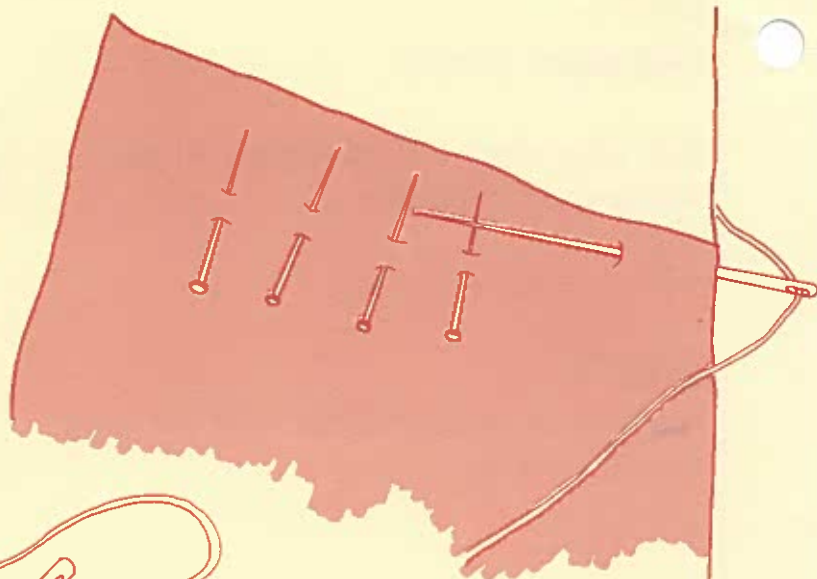
STEP 1

Pin the right sides of your fabric evenly together.



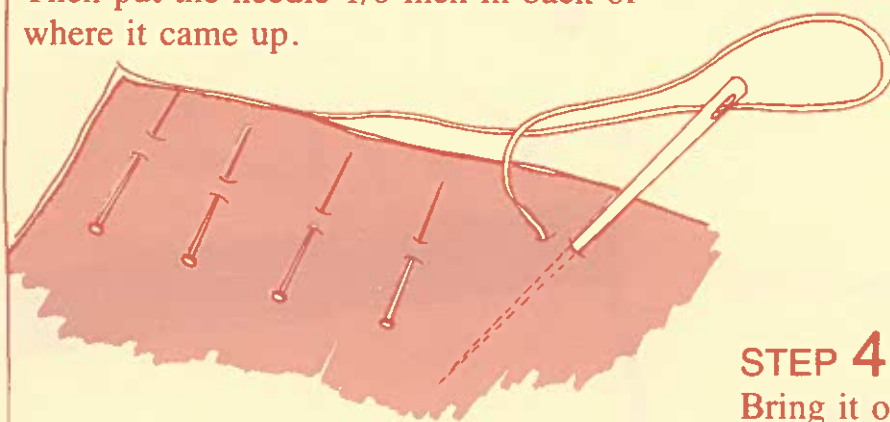
STEP 2

Starting on your right (or your left if you are left-handed) bring your needle up through your fabric layers.



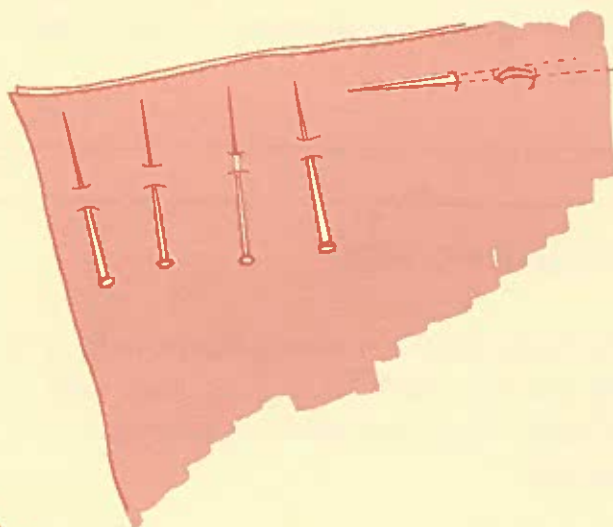
STEP 3

Then put the needle 1/8 inch in back of where it came up.



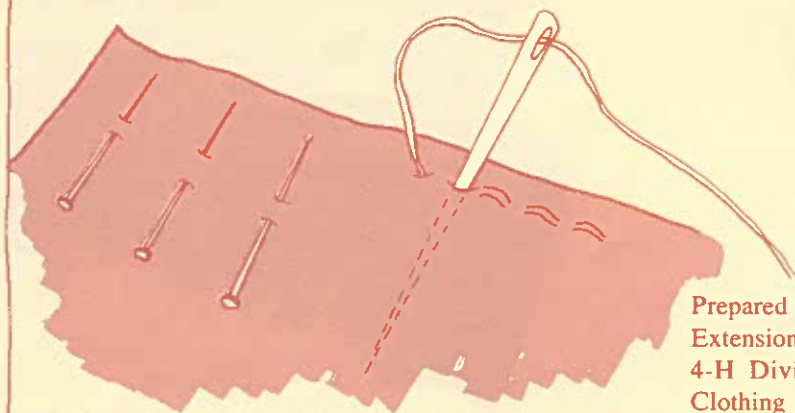
STEP 4

Bring it out again 1/4 inch forward.



STEP 5

Continue stitching, placing the needle in the fabric at the beginning of the last stitch and bringing it out a stitch ahead.



Prepared by Tena St. Pierre, Program Assistant in Clothing Extension, in consultation with Patricia A. Kelley, Associate 4-H Division Leader, and Ruth Ann Wilson, Extension Clothing Specialist.

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