

Topic: **FUNDAMENTALS OF TEXTILES AND CLOTHING**

BA PART III, 5th PAPER, By: Dr. AMARJEET KUMAR, Home Science Department, Rohtas Mahila College, Sasaram.

E-mail ID: amarjeetkumar11@gmail.com.

BASIC HAND STITCHES

There are two types of sewing, hand sewing and machine sewing. The two types involve quite different techniques. As a beginner, hand sewing techniques can be learnt for basic sewing. To work hand sewing quickly and perfectly, it needs practice but learning the basic procedure helps to develop the desired skill. The basic hand stitches can be divided into **temporary stitches and permanent stitches**. Temporary stitches are further divided into Even basting, Uneven basting, Diagonal basting and Slip basting. Preliminary steps to thread a needle:

1. Cut a length of thread of about 30 inches. Do not use a very long thread, it may knot and interrupt while sewing.
2. Use one end to thread the needle and pull it out from the eye of the needle.
3. Hold two ends and tie a knot.

Temporary Hand Stitches

1. Even Basting

A single thread of contrasting colour should be used. Secure the thread with a knot on the wrong side or several firm small stitches at the end of the seam. Make the running stitches $\frac{1}{4}$ " long, where the stitch is the same length on the right and wrong sides. Secure the thread well at the end of the seam. Even basting is used where there is strain while stitching bodice seams and also as a guideline for stitching intricate top stitched details (Figure 1).



Fig. 1: Even Basting

Uneven basting

A single thread of contrasting colour is used. Secure the thread with a knot on the wrong side or with several small firm stitches. Make two stitches one $\frac{1}{4}$ " long and the other $\frac{3}{4}$ " long and repeat from one end of the cloth to the other. Secure the thread well at the end of the seam. Uneven basting is used to stitch the fall of sarees and later removed when permanent stitches have been worked. It is also used as a guideline to stitch straight lines. (Figure 2)



Fig. 2: Uneven basting

2. Diagonal basting

Insert the needle into the fabric, the point facing you. A short vertical stitch is produced on the wrong side and a long slanting stitch on the right side of the fabric. Diagonal basting hold two layers or edges of fabric together temporarily. It is not used on seam lines but on linings and interlinings and on edges of buttonholes and pockets (Figure 3).

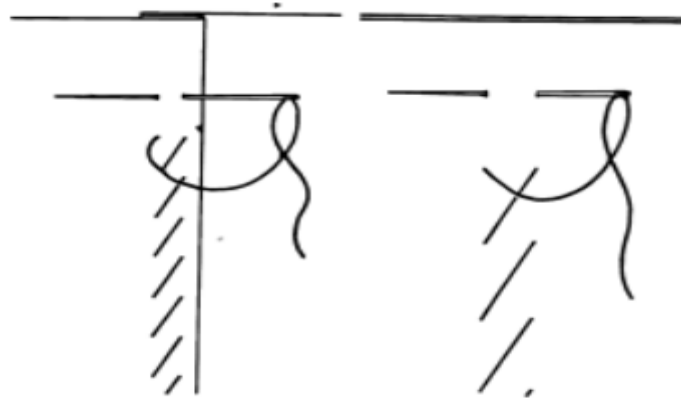


Fig. 3: Diagonal basting

Slip basting

To slip baste, work from the right side, turn under the seam allowance on one piece, and lap it over the seamline on the other piece. Using a single thread of contrasting colour take a short stitch on the seamline of the under piece. Slip the needle through the fold of the upper piece and repeat the stitches. The needle is never brought through the upper surface of the top layer. Slip basting is used to match patterned fabrics where seams have to be stitched from the right side of the fabric. (Figure 4).



Fig. 4: Slip basting

Removing Bastings

Bastings should be removed as soon as they have served their purpose. If not, they will interrupt in the opening and pressing of seamlines. Cut off knots and clip the bastings every few inches before pulling the thread. Do not pull with tweezers for it may damage the fabric.

Permanent Hand Stitches

Permanent hand stitches are worked instead of machine stitches. They are permanent and serves the purpose. Permanent stitches are divided into Running stitch, Backstitch, Overcast stitch, Over hand stitch and Whipping.

1. Running Stitch

Running stitches are usually 1/8 inch or less in length. Work by taking several stitches on a long needle as the fabric permits. Very fine running stitches replace machine stitching on seams used in lingerie, blouses and infants clothes (Figure 5)



Fig. 5: Running Stitch

2. Back Stitch

Back Stitch resemble machine stitch on the right side, but unlike machine stitch it overlaps on the wrong side. Take a running stitch 1/8-inch-long, and reinsert the needle at the end of the first stitch and bring it forward on the underside and up through the surface one stitch length beyond the previous stitch. Repeat for the next stitch. Backstitches are used to replace broken machine stitches and also for beginning and ending of embroidery and appliqué. (Figure 6).



Fig. 6: Back Stitch

3. Over Cast Stitch

Overcast stitches are worked to keep the raw edges from fraying and may be done on single or double edges. Hold the raw edges of the seams with the thumb and fingers of the left hand. Insert the needle from behind the raw edge and 1/8 inch below it. Space the stitches evenly and twice as far apart as they are deep. (Figure 7).



Fig. 7: Over Cast Stitch

4. Overhand Stitch

Overhand stitches are similar to overcast but are made in the very edge of the fabric and 1/16 inch apart. Insert the needle straight toward you and use a short and very fine needle in order to pick up tiny stitches. Overhand stitches are used to apply lace or to make flat invisible seams where two folded edges join. (Figure 8)



Fig. 8: Overhand Stitch

5. Whipping

Whipping is done with a single thread of matching colour. Fold the hem allowance and work from right to left with the needle, catch one or two threads of the fabric and one or two threads along the fold of the hem. The stitches should not be seen on the right side of the fabric. The whipping stitch should be placed $\frac{1}{4}$ inch apart. (Figure 9)

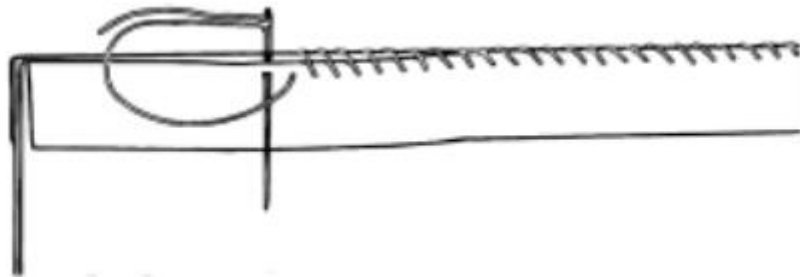


Fig. 9: Whipping Stitch