

SEWING  
 BY HAND

Hold the needle in your left hand, between the thumb and first finger. Holding the thread in the right hand, push it through the eye of the needle.

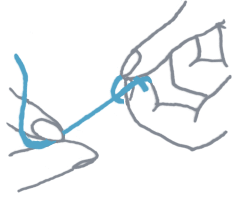


Cut the thread on a slant to a length convenient for sewing—about 18 inches, which is about the distance from your hand to your elbow.

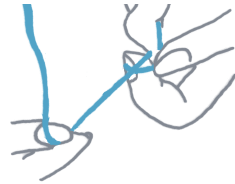


*Threading the Needle*

Roll the thread tightly between your thumb and first finger until the loop is pushed off the end of the thread. Now pull the loop into a tiny knot at the end of the thread.



Wind the end of the thread around the end of the first finger, holding it in place with the thumb.



*Tying a Knot*

*Using a Thimble*



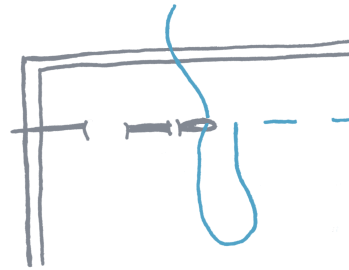
You can use the side of the thimble to push the needle...



... And you can also use the end of the thimble to push the needle.

It is recommended that you practice pushing the needle through your fabric both ways before you begin to sew.

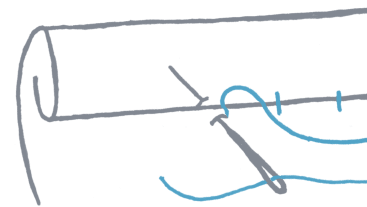
*Running Stitch*



The running stitch is the most very basic stitch in hand sewing.

1. Use the side of the thimble to push the needle.
2. With the other hand, hold your material in position, either between thumb and first finger, or flat on the table.
3. Sewing from right to left, push the needle in and out of the cloth by pressing gently with the thimble.

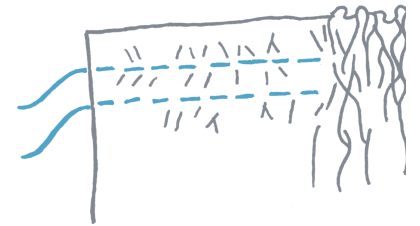
*Hemming Stitch*



For holding a folded edge of material in position permanently, hemming stitches are used.

1. Use the end of the thimble to push the needle.
2. Working toward yourself, take a small stitch through the garment and through the folded edge, fastening the knotted end of the thread under the fold.
3. Pull the thread through, and take a second stitch a short distance from the left. Repeat until your hem is done.

*Gathering Stitch*



Gathering stitches are used to create ruffles in fabric.

1. Make two rows of running stitches. The first row should be half an inch from the edge of the fabric. The other should be about half an inch from the first row of running stitches. Leave three-inch tails of thread on each row.
2. Gently pull on the thread tails to form your ruffles.
3. Gently tug at the fabric to distribute your ruffles evenly.