

# Clothing and TEXTILES

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## Sewing Technique: Blind Machine Hem

A hem is defined as a finishing technique for a garment (pants, skirts, etc). Three basic forms of hems can be used in the process of constructing garments: turned-up edge, faced edge, and enclosed edge. The most common technique used is the turned-up edge hem. After the hem is constructed, the following criteria should be met: 1) the garment should hang on the body in a uniform and even manner; 2) the hem should be free of bulk, and 3) the hem should be concealed from the eye unless used for decorative purposes. The following tutorial outlines the steps associated with constructing a blind machine hem sample that can be used as a guide for integrating this technique into a garment.

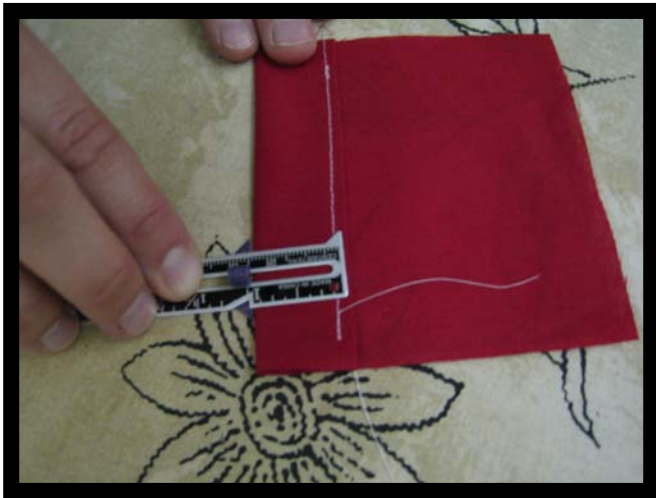


1. Cut a piece of fabric to a finished size of 4"x6". Using a seam gauge to check for accuracy, fold the fabric edge 1/4", press. This step provides a finished edge to the fabric end.

2. Sew a straight stitch along the pressed edge at 1/8". Make sure to secure the stitch with a backstitch at the beginning and end of the seam.



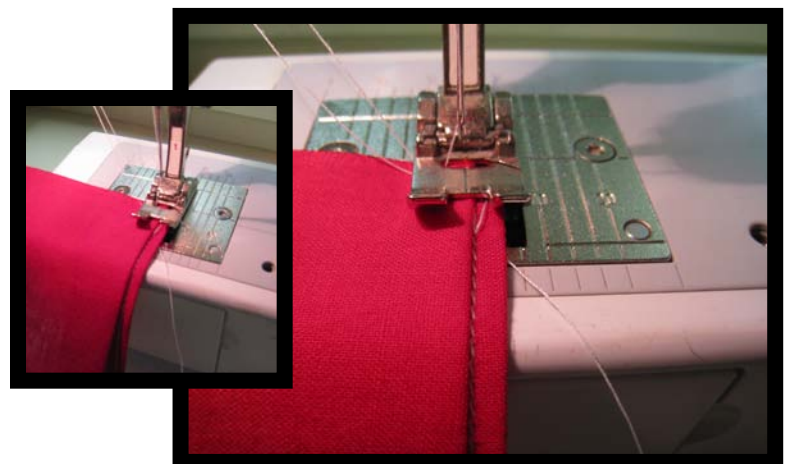
3. Fold fabric to create a 1" fold. Press. Use a seam gauge to ensure accuracy.



4. Fold fabric to seam and press. See images below. The fold should be at the 1" mark measured in previous step.



5. Select the blind stitch hem setting on the sewing machine. Position fabric so the needle begins on the left side of the fold first.



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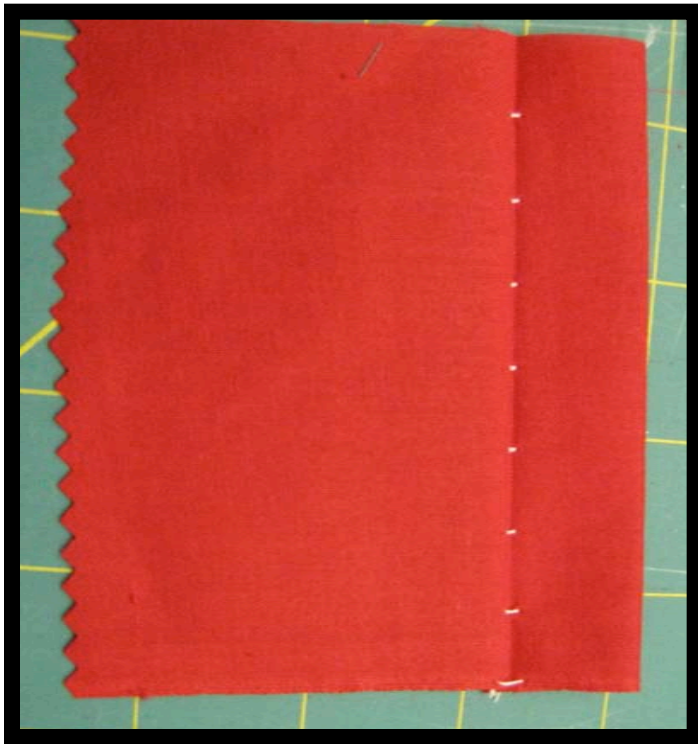
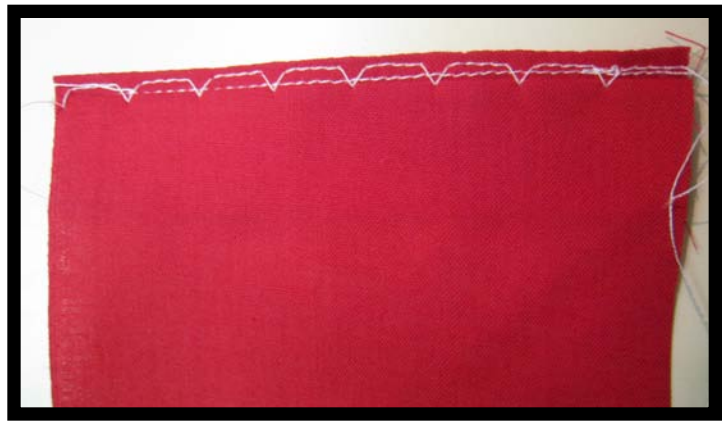
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6. When finished with the seam, the stitch should catch the left of the fold just slightly. See image to the right.



7. Press the hem right side out. There should be small stitches about 1" apart throughout the entire seam.

Note: This tutorial correlates with the following Utah Clothing and Textiles 1 State Standards and Objective(s):

Standard:

6. Students will demonstrate basic construction techniques.

Objective:

6. Students will be able to construct a machine-stitched hem.

Sources:

Readers Digest Editor. (2002). *New Complete Guide to Sewing*. Pleasantville, NY: Readers Digest Association Inc.

Brackelsberg, Phyllis, & Marshall, Ruth. (1990). *Unit Method of Clothing Construction*, 7th ed. Long Grove, IL: Waveland Press Inc.

Cole, Julie, & Czachor, Sharon. (2009). *Professional sewing techniques for designers*. New York, Fairchild Publications, Inc.

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