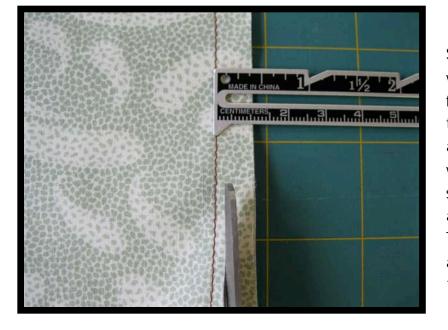


Sewing Technique: French Seam

The French seam is a self-enclosed seam that is ideal for visible seams and seams in unlined jackets. Self-enclosed seams are strong, sturdy seams that can endure a lot of wear and laundering. To have a clean result, self-enclosed seams must be constructed with precise stitching and careful pressing and trimming.

Industry Standards for Well-Constructed Seams

- Correct tension is used for the fabric type and weight
- Appropriate seam technique is used for garment
- Seam has even width throughout
- No puckers or twists in the seam
- Seam is secure
- Seam is clipped/ notched/trimmed/ graded when needed
- Seam is smooth and lies flat
- Seam allows for desired fit of garment
- Fabric designs match, such as plaids or stripes
- Seam is pressed for clean finish



STEP 1: With wrong sides of fabric together, sew a straight stitch with a 3/8" seam allowance. Trim seam allowance to 1/8" inch.



STEP 2: Press seam open.



STEP 3: Fold garment along the seam line, right sides of fabric together. Press.

STEP 4: Using a 3/8" seam allowance, stitch a straight stitch along the folded edge of fabric to enclose the seam. Open fabric (see picture to right).





STEP 5: Press seam to one side.

References:

Readers Digest. (2010). New complete guide to sewing. Pleasantville, NY: Readers Digest. Singer. (2009). Singer complete photo guide to sewing. Minneapolis: Creative Publishing International, Inc. Cole, J., & Czachor, S. (2009). Professional sewing techniques for designers. New York: Fairchild Publications, Inc. Written by:

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