

Clothing and TEXTILES

UTAH STATE UNIVERSITY COOPERATIVE EXTENSION

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:

Sarah Geer, USU Extension Intern
Jen Giddens, USU Extension Intern

Chanae Weller, USU Extension Intern
Lindsey Shirley, PhD, Clothing and Textiles Specialist



Utah State is an affirmative action / equal opportunity institution.



CLOTHING
CONSTRUCTION

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decision.

Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities.

This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Noelle E. Cockett, Vice President for Extension and Agriculture, Utah State University.(FC/Clothing&Textiles/2012-14pr)