

## Sewing Technique: Lock Stitch (Hem 1")

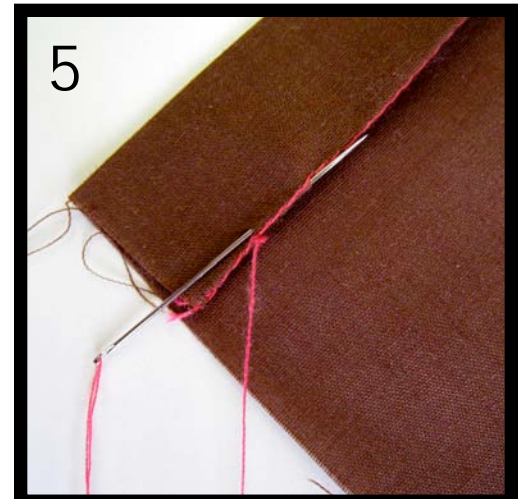
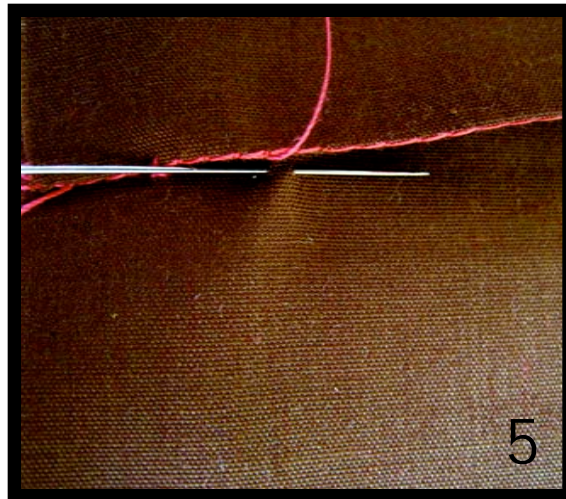
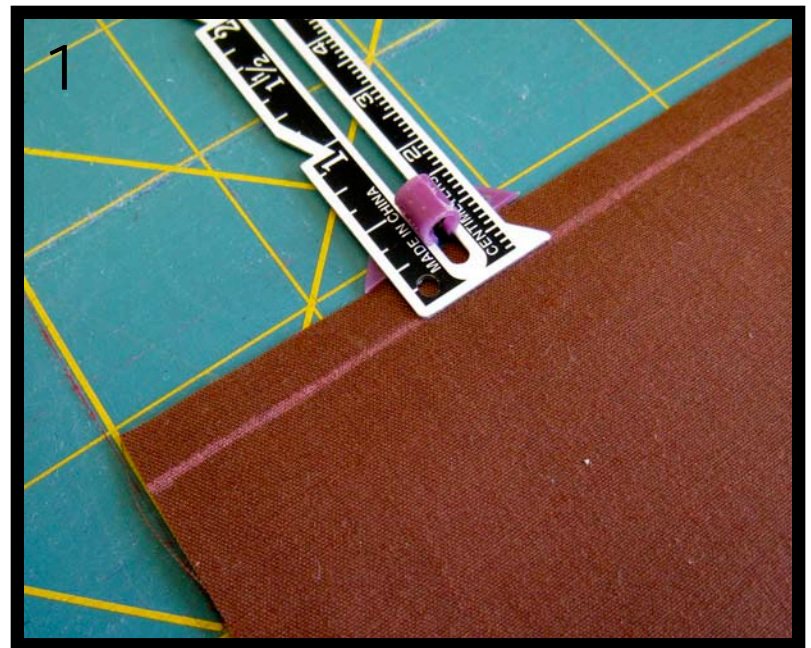
The lock stitch is a hand stitch used for hemming purposes. It gives a secure hold with limited view of the thread on the outer side of the garment.

STEP 1: Stay stitch  $\frac{1}{4}$ -inch from the fabric edge. (A stay stitch is a single line that is used for guidance and to keep the fabric from fraying. It is a normal stitch length and backstitching is a personal preference.)

STEP 2: Fold the hem edge back 1-inch. Press fold in order to make a crease in the fabric. Press fabric again  $\frac{1}{4}$ -inch. This press will follow the stay stitch seam.

STEP 3: Secure thread to the folded edge of fabric on stay stitch line in order to hide the knot.

STEP 4: Moving left, make a small stitch ( $\frac{1}{2}$  to  $\frac{3}{4}$  inch). The stitch should first go through the  $\frac{1}{4}$ -inch fold; then a small stitch is made that only goes through the outside layer of the garment. Pull thread gently back through to the inside of the garment. Avoid pulling the thread tight as the needle passes back through the loop created from the stitch.

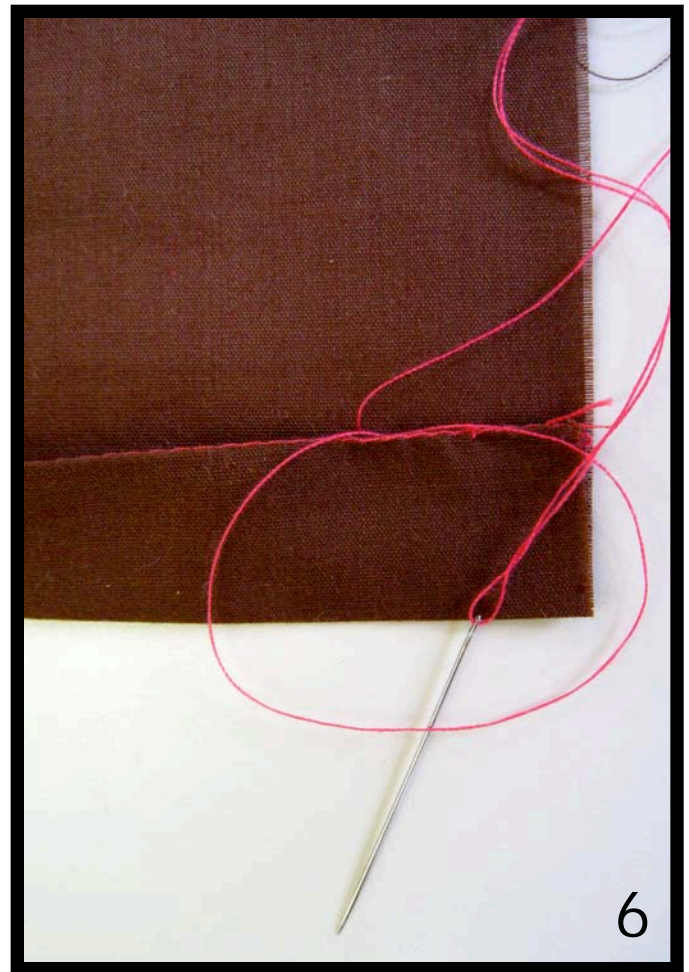
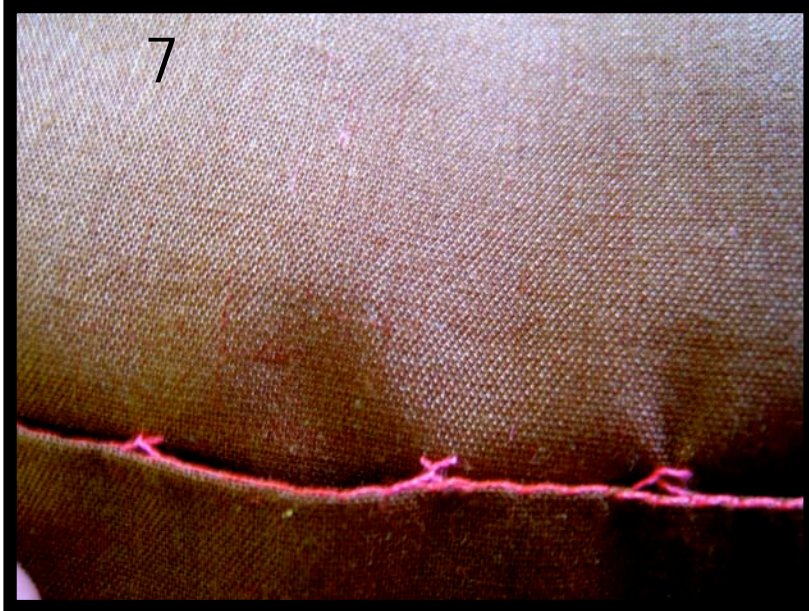


STEP 6: To tighten lock stitch, pull thread to the left.

STEP 7: Continue moving left and repeating step 5 until seam is complete.

STEP 8: Once finished, secure thread to prevent it from unraveling.

NOTE: The lock stitch can be used in place of a catch stitch.



#### Industry Standards for a Well-Constructed Hem:

- Hem is level
- Hem lies flat
- No puckers, twists, or extra bulk
- Hand stitching is not visible on correct side of garment
- Hand stitches are evenly spaced
- Topstitching is even and parallel to hemline

#### References:

- Readers Digest. (2010). *New complete guide to sewing*. Pleasantville, NY: Readers Digest Association Inc.
- Brackelsberg, P., & Marshall, R. (1990). *Unit method of clothing construction, 7th Ed.* Long Grove, IL: Waveland Press, Inc.
- Cole, J., & Czachor, S. (2009). *Professional sewing techniques for designers*. New York: Fairchild Publications, Inc.

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