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.

**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.

**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 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:**

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