

Clothing and TEXTILES

UTAH STATE UNIVERSITY COOPERATIVE EXTENSION

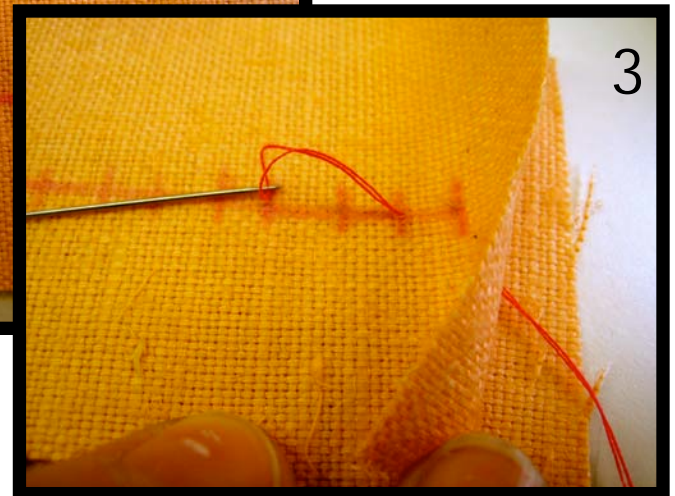
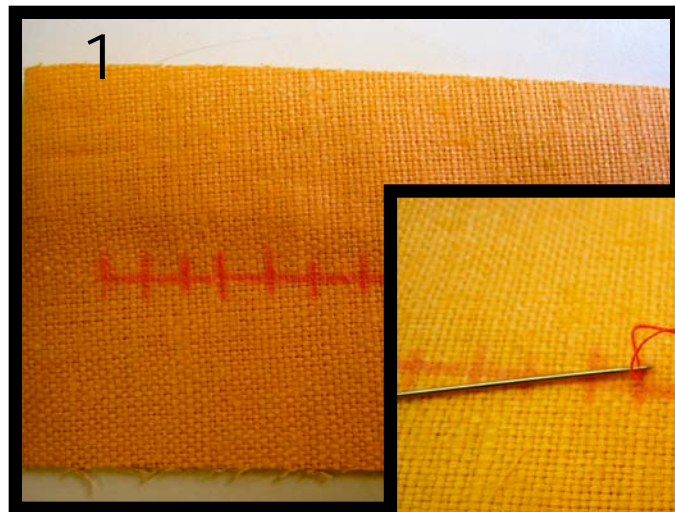
Sewing Technique: Backstitch (hand) 2 layers of fabric or folded

A hand sewn backstitch is used to secure a seam or hem. This technique provides a clean, pleasing line and secure stitch if the following steps are completed correctly.

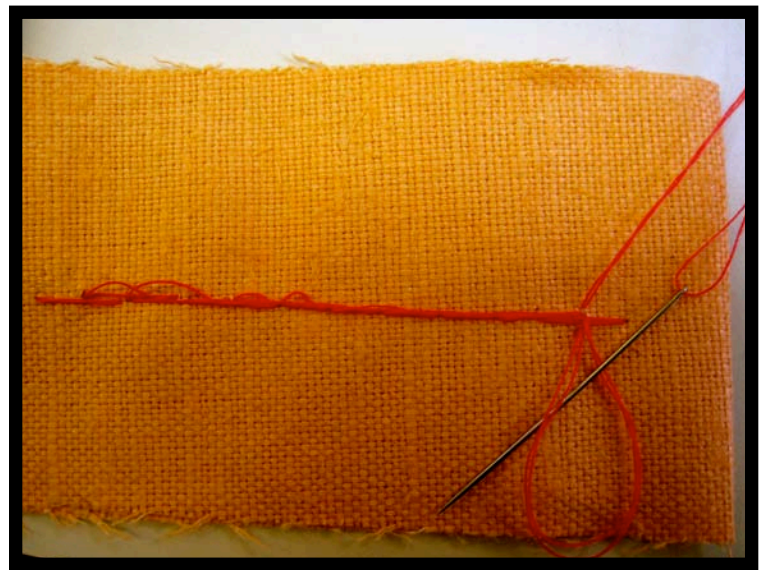
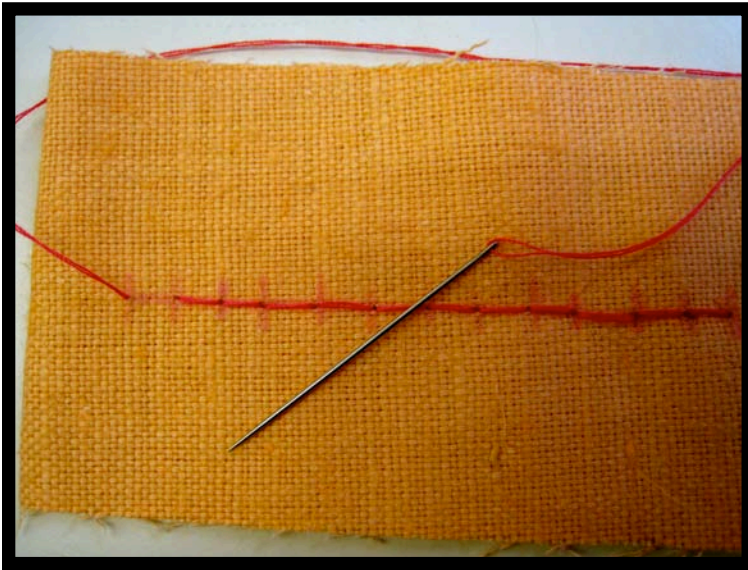
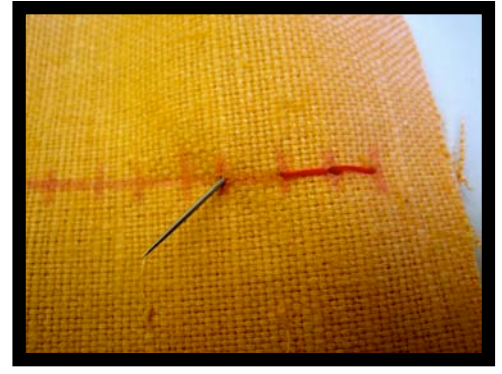
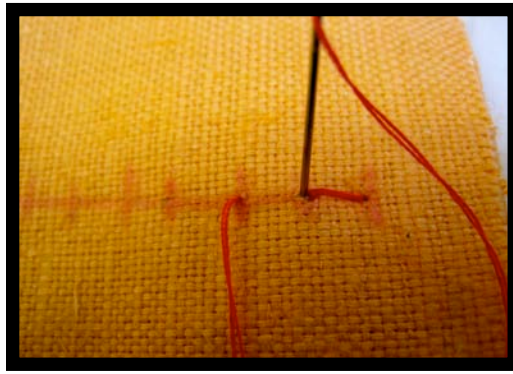
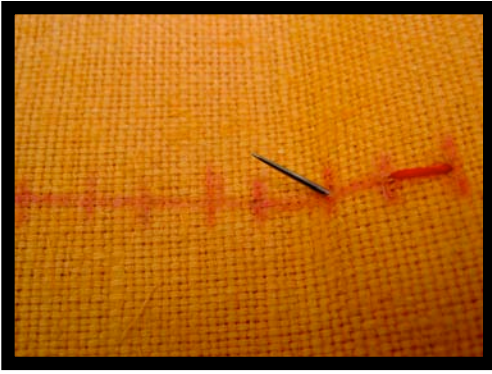
STEP 1: For achieving even spacing, start out by using a tracing wheel and chalk paper to create a line on the fabric. This line can be used as a measurement guide to create the accurate length for the hand stitch.

STEP 2: To secure thread to the fabric, take one loose end of the thread, wrap it clockwise around index finger holding the loose end. Roll index finger down thumb until you have a loose lasso. Pull to sustain knot.

NOTE: Another option is to fasten thread by making a small stitch in the top layer of fabric. Be careful not to pull all the string through. Go back through the stitch just made, leaving a loop. Then take the needle through the loop and pull tight.



STEP 3: When the the thread is secure, guide the thread through the two layers of fabric, starting on the right side moving left. Start at the $\frac{1}{4}$ inch mark from the right side. Pull thread through tight, then moving right go back through your first mark on the right. Now the needle should be on the back side, from there come up $\frac{1}{2}$ inch away from the first mark. Pull thread all the way through, then move back to the right $\frac{1}{4}$ inch from the start of the stitch.



STEP 4: Repeat this process of moving $\frac{1}{2}$ inch left on the back side and then $\frac{1}{4}$ right on the top side until desired length of stitch is achieved.

STEP 5: To finish the hand stitch the needle should be on the backside of the fabric. To secure the thread make an additional small stitch going through back layer only, leaving a loop. Guide needle through the loop and pull tight to secure knot. Repeat two or three times to secure stitch.

Industry Standards for Well-Constructed Hand Stitches

- No puckers, twists, or extra bulk
- Hand stitching is clean when visible on correct side of garment
- Stitches are evenly spaced and straight
- Ends are neatly secured

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.

Written by:

Sandra Bradshaw, USU Extension Intern
Teisha Thompson, USU Extension Intern

Lindsay Maxfield, USU Extension Intern
Lindsey Shirley, PhD, Clothing and Textiles Specialist

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/2012-08pr)