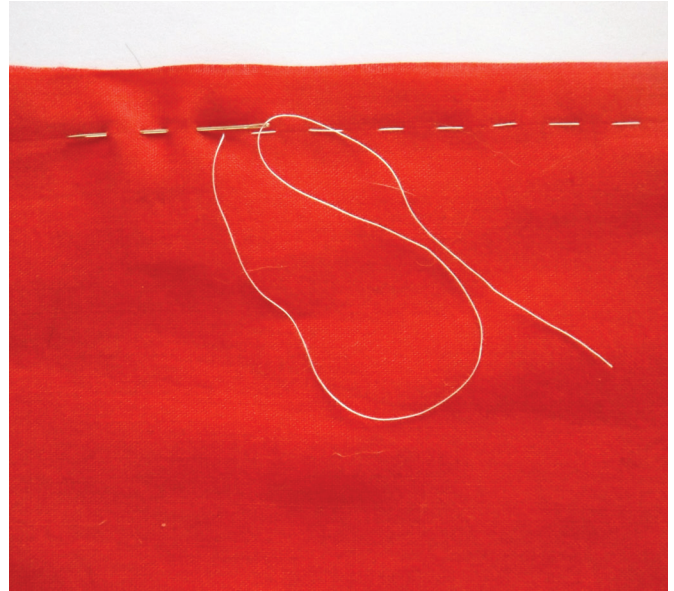


HAND SEWING

TACKING AND RUNNING STITCH

Tacking is a line of temporary stitches used to fix pieces of fabric in position ready for permanent stitching. Knot the end of the thread and push the needle through from the back of the fabric to the front. Push the needle tip through to the back $\frac{3}{8}$ in (1cm) from the place it emerged, then out again to the front of your fabric $\frac{3}{8}$ in (1cm) further along. Pull the needle and thread through and repeat. Finish with a couple of stitches worked over each other to secure the end. When the seam or hem has been permanently sewn by machine, remove the tacking. Making your stitch length shorter creates running stitch.



OVERSTITCH

Use overstitch for closing openings for turning. With your two pieces of fabric aligned, or pinned or tacked together, bring up your needle from within one folded edge to the front of your work. Now push your needle through the folded edges of both pieces of fabric and from the back to the front at a slight angle, catching a few threads of fabric from each. Pull the needle and thread through and repeat, spacing your stitches between $\frac{1}{8}$ in (3mm) and $\frac{1}{4}$ in (6mm) apart.



HEM STITCH

This stitch is used for hand-stitching hems and is similar to overstitch. With your hem pinned or tacked, bring your needle up from within the hem's folded edge. Now push your needle through the back layer of fabric, catching a few threads before bringing it through the fold at the top of the hem. Pull the needle and thread through and repeat, spacing your stitches between $\frac{1}{8}$ in (3mm) and $\frac{1}{4}$ in (6mm) apart.

