

General Sewing Instructions:

Written sewing instructions are sometimes not easy to follow. Therefore it is advisable to read through the instructions below and in addition watch instructional videos on YouTube.

Starting and ending a seam:

Start sewing by pulling some thread through the needle. The thread should be no longer than 20" otherwise it gets tangled easily. Make a knot at the end of the string. To start a seam, put the needle in between the two layers of fabric you are working on. Pull the string until the knot will pull through the fabric and is hidden between the layers.

To stop sewing, sew a stitch three times at the same spot. Then put the needle again in between the fabric layers and pull the needle out about 1 inch further away. Pull the string through and cut the string at the exit point.

Back Stitch:

For your first point of entry, push the needle down and forward through all layers of fabric and bring needle up (first exit point) after about ¼" forward from the first point of entry. Pull the string through. For your second point of entry, enter needle into the fabric at ⅛" behind the first exit point, which is half the length of your previous stitch. Bring up the needle again (second exit point) at about ¼" forward from your second point of entry. Your third entry point will be again ⅛" behind your second exit point and should be the spot of your first exit point. Repeat. It is o.k. to make the stitches a bit longer in the beginning.

Running Stitch:

For your first point of entry, push the needle down and forward through all layers of fabric and bring needle up (first exit point) after about ⅛" forward from the first point of entry. Pull the string through. For your second point of entry, enter



needle into the fabric at $\frac{1}{8}$ " forward from the first exit point. Bring the needle up (second exit point) at about $\frac{1}{8}$ " forward from your second point of entry. Your third entry point will be again $\frac{1}{8}$ " forward from your second exit point. Repeat. It is o.k. to make the stitches a bit longer in the beginning.

A running stitch can also be used to make up for a back stitch. If you want to use a running stitch where a back stitch is recommended, stitch a running stitch twice: one way around and back again. On the way back, stitch in the spaces between the running stitches on the first round.

Whip Stitch:

Start your stitches at the edge of the opening you want to close. All your entry points are on the underside of your fabric and the exit points are on the upper side. For your first point of entry, push the needle from the underside of the edge to the upper side of the edge (first exit point). Pull the string through. For your second point of entry, enter the needle into the underside of the fabric at $\frac{1}{8}$ " forward from the first entry point and bring the needle up $\frac{1}{8}$ " forward from your first exit point. Repeat. It is o.k. to make the stitches a bit longer in the beginning. You can also whipstitch the other way around, making your entry points on the upper side and exit points on the underside of the fabric. The stitch is being whipped around the edge.

Hem Stitch (historic hand sewing method):

A hem stitch is used to keep an otherwise raw edge from fraying. The raw edge of the fabric is folded to the inside (or left side) of the fabric. The width of the fold is according to sewing directions, but usually not wider than 1". Secure the fold with a running stitch. After securing the fold with a running stitch, fold the edge you already folded in half, ending the fold on top of the raw edge. Use the hem stitch to secure the fold to the fabric at the line of the fold: The hem stitch is basically a running stitch on the line of the fold and the point of entry is the main fabric and the point of exit exactly on the edge of the fold.



Button Hole Stitch (historic hand sewing method):

To stitch a buttonhole, first draw a line where you want your buttonhole or where the pattern shows the place for the buttonhole. Then cut this on this line into the fabric. Start your needle at one end of the line/buttonhole and sew five or six times a $\frac{1}{8}$ " stitch on the same spot tangentially to the line. This will secure one end of the buttonhole. Next, start your buttonhole stitch along the line towards the other end of the cut. A buttonhole stitch is a whip stitch with an additional step: Enter the needle about $\frac{1}{8}$ " away from the cut and exit the needle back up through the cut (this is the whip part). Before pulling the thread all the way through, thread the needle underneath the thread as if you would want to make a knot. The second entry point is only a tiny bit further than the first entry point. Work your way down the cut until the end of the buttonhole where you stitch again 5-6 times a $\frac{1}{8}$ " stitch tangentially to the cut. Then sew buttonhole stitches back to the beginning point on the other side of the buttonhole.

