

Love Your Clothes Top Tips Basic Sewing Guidance

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Skills Sheet

Fusible Web

www.wikihow.com/Make-an-Applique

Fusible web is used to give body to fabric that might otherwise fray. It will seal itself onto fabric when heated with an iron.

- Iron the fusible web on to the wrong side of your fabric with the paper/dull side up (the shiny side must always be facing down).
- Your iron needs to be quite hot to fuse the fusible web to your fabric. A clean tea towel between the iron and fabric may be required to protect your work.
- Note: Not all fabrics (for example silk and some synthetics) can be ironed as they might melt under the heat of the iron so test on a small piece first.
- Once your fusible web is attached to the fabric, you can trace around your template using a pencil and cut the design out.



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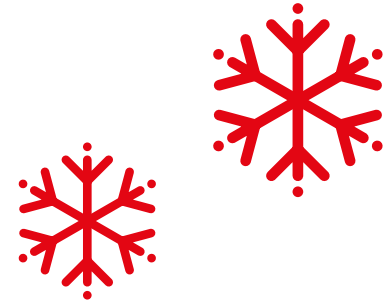
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YOUR CLOTHES

Skills Sheet

Running Stitch



1



This is a basic stitch used in sewing and hand embroidery.

2



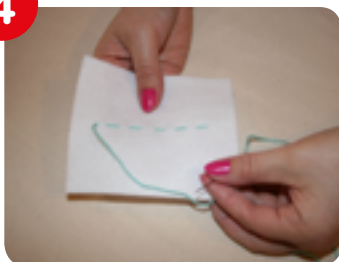
- Thread a medium sized sharp needle and knot the thread at the end. When you make your first stitch, make sure your knot is on the wrong side of the fabric. **(1)**

3



- Pass the needle through to the correct side of the fabric to begin the row of stitches. **(2)**

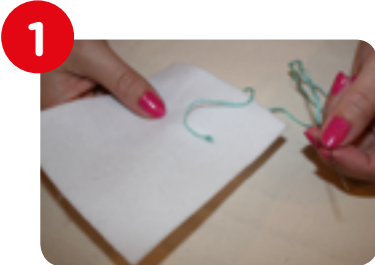
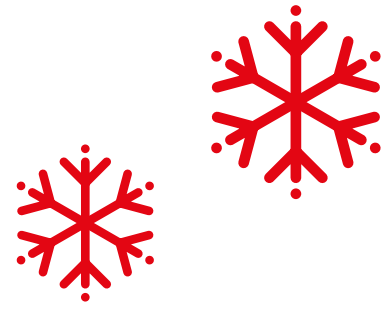
4



- The running stitch is then worked, right to left, by passing the needle in and out of the fabric at equal intervals. The stitches can vary in length. **(4)**
- When you have finished, secure your line of stitching on the reverse side of your work with a couple of tiny stitches on top of each other, to stop it unravelling. Create a knot by passing your needle through the loops you have created when making the stitch.

Skills Sheet

Backstitch



www.wikihow.com/Backstitch

This is a strong hand stitch used in sewing and hand embroidery. It is good for seams and as a solid line of stitching.



- Thread a medium sized sharp needle and knot the thread at the end. When you make your first stitch, make sure your knot is on the wrong side of the fabric. **(1)**



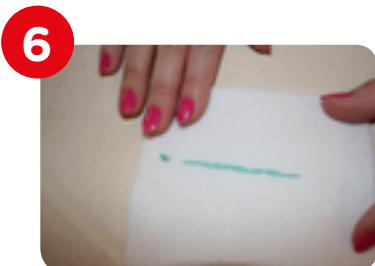
- Starting on the wrong side of the fabric pass the needle through to the right (face) side of the fabric. **(2)**



- Create your first stitch by sewing back into the fabric the length of your desired stitch (for example half a centimeter). **(3)**



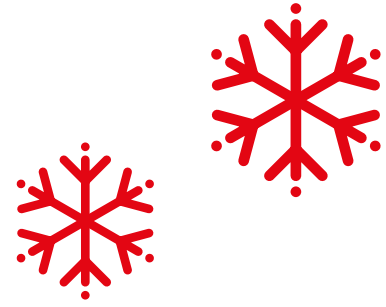
- To create the next stitch pass your needle back through the place where stitch one emerges from **(4)**



- Carry on creating your stitches using the same method. **(5)**
- The reverse side of your stitching will look like this. **(6)**

Skills Sheet

Blanket stitch



1



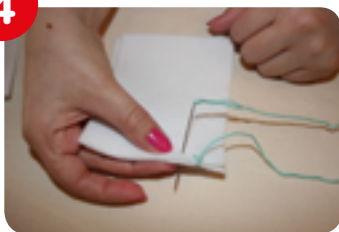
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3



4



5



6



www.wikihow.com/Sew-Blanket-Stitch

This stitch is used to make a neat edge to a loosely woven fabric and also to attach two layers of fabrics together. The stitches need to be even.

- Thread a medium sized sharp needle, thread with embroidery thread (it is best to use a thick thread for this stitch) and knot the thread at the end. (1)
- If using two layers of fabric, place them together with the wrong sides facing each other.
- So that the knot will be invisible, poke the needle from in between the two layers to the front top layer, about 1cm away from the edge. (1)
- Working from the left hand side to right hand side, pass your needle back through both layers about 5mm from where it emerged. (2)
- Pass your needle down through the stitch you have just created. (3)
- Pull the stitch tight and create your next stitch. (4)
- Carry on creating stitches in this way. (5)
- This is how it should look. (6)