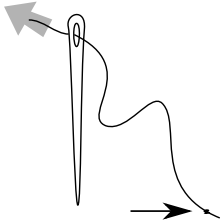

Technique: Stretch Stitch

The Stretch (or zigzag) stitch moves with fabric, making it great for joining or hemming knit fabric. It gets narrower as you pull the fabric, retaining elasticity, and is less likely to break than a straight stitch which is much more rigid. The width of the stitch, rather than the length of the stitch dictates how much 'stretch' it will have. Use stretch stitch when you want your fabric to "give" e.g. around waistbands or armholes. With a sewing machine, it can be used to finish raw hems and as a decorative edge when doing appliqué.

Notes:

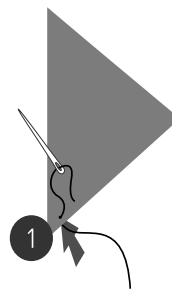
Work from left to right when stitching. When increasing the width of a zigzag stitch, increase the stitch length slightly too.

1



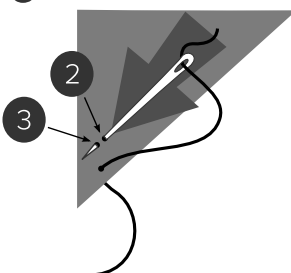
Cut the thread on an angle and thread it through the eye of the needle. Tie a knot in the end furthest from the needle.

2



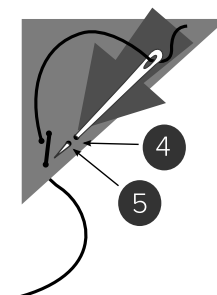
Push the needle through the back to the front of the material at point 1.

3



Take your needle diagonally to the right, away from the hem edge. Push into point 2 and immediately out of point 3. Note that points 2 and 3 are parallel with the hem.

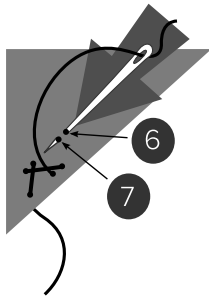
4



Now, take your needle diagonally to the right, towards the hem edge. In line with point 1, push the needle into point 4 and out of point 5 as before.

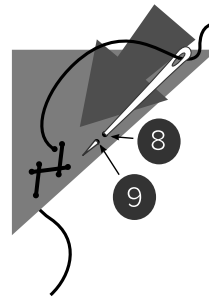
humble & maker Technique: Stretch Stitch

5



Repeat step 3 here.

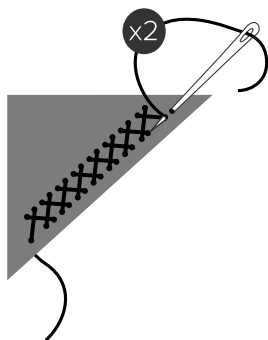
6



Repeat step 4 here.

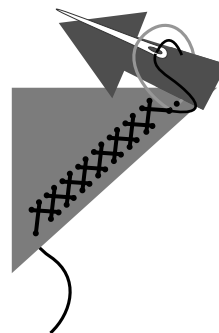
Continue to repeat these steps for the length of the join.

7



Once you reach the end of the section you want to stitch, repeat the last short section of the stitch twice more to anchor it.

8



On the last stitch leave the loop open and thread the needle through before pulling it tight and trimming both loose threads with sharp scissors.
