

JOB ROLE – SEWING MACHINE OPERATOR

Sector – Apparel, Made-Ups and Home Furnishing
(Qualification Pack Code: AMH/Q 0301)



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UNIT 3: BASICS OF GARMENT CONSTRUCTION

Session 1: Various Types of Stitch

Content

Title	Slide No.
Session Objectives	4
Introduction	5
Stitches and Its Types	6-20
Summary	21

Session Objectives

The students will be able to:

- Define stitches
- Explain types of stitches
- Demonstrate different types of stitches

Introduction

Sewing is a creative and interesting art and skill. Garment construction is a technical execution that requires the knowledge and skills of basic sewing techniques-application of stitches, seams, darts, gathers, pleats and edge finishing, etc. Its appropriate application in garment construction is necessary for a good quality product. This unit will help you learn about the various type of stitches, seams, edge finishes, etc., all of which have a key role in garment construction.

Stitches

Before learning stitching on the sewing machine, one should learn the basic hand stitches which are very commonly used in the manufacturing of garments and other articles. It is essential to know and practice the various types of stitch, especially constructive stitches which include temporary and permanent stitches. Almost every garment or other stitched articles we sew, needs some hand stitches. The basic hand stitches are divided into two types depending on their use.

Constructive stitches:

- It is a line made by a portion of sewing thread passed over and under a equal or unequal number of threads. Such stitches can be classified as temporary and permanent stitches.

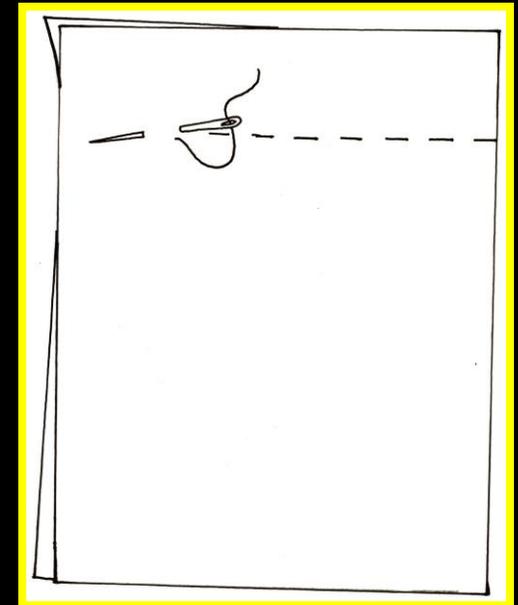
Temporary Stitches

Such stitches are used to hold the garment or fabric pieces together before permanent stitches are made. These stitches are also known as tacking or basting stitches. Various kind of tacking/basting stitches are as follows:

(i) Even basting:

It is used to hold the fabric together temporarily, but more securely than in uneven basting.

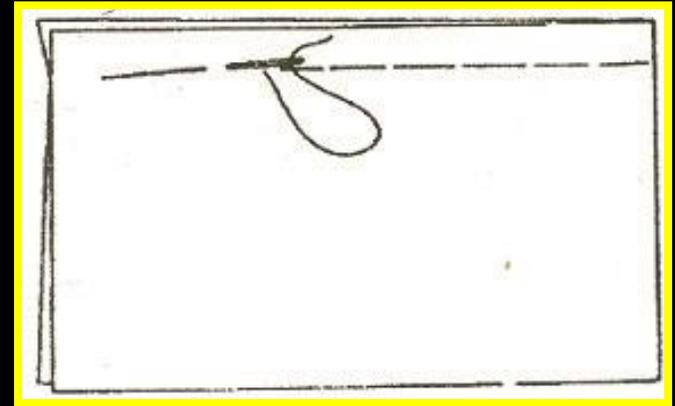
Method: Make even stitches of about $\frac{1}{4}$ inch to $\frac{3}{8}$ inch long. When easing one layer of the fabric to another layer, hold the layer to be eased on top and gather this top layer to stitch.



(ii) Uneven basting:

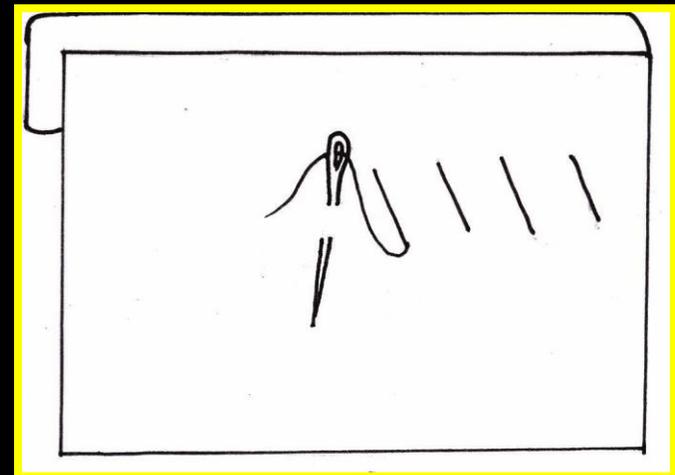
This is used to mark or to hold fabrics together, only where there is no strain on the stitches.

Method: Make a long stitch, about $\frac{1}{2}$ inch on one side of the fabric and then a short stitch $\frac{1}{4}$ inch on the other side of the fabric.



(iii) Diagonal basting:

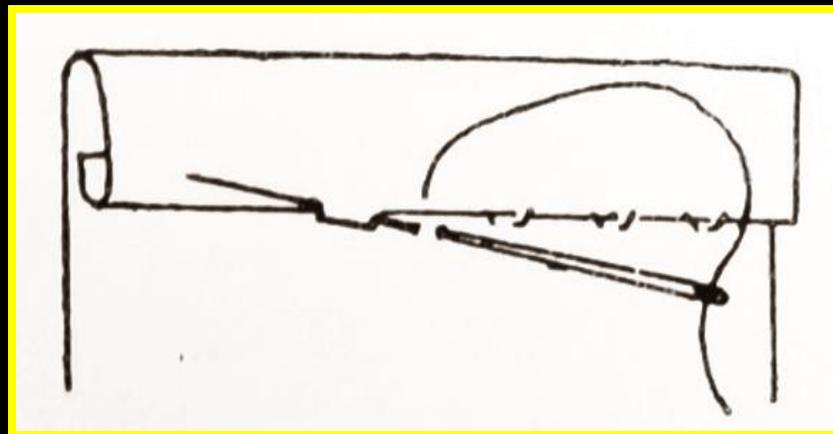
This is used to hold two pieces of fabric together when more than one row of tacking is required. For example, when you are attaching interfacing to a collar or mounting a fabric on to an underlining, etc.



(iv) Slip basting:

It is also known as invisible hand basting it is used where patterns have to be joined accurately. For example, strips, checks, etc.

Method: Turn under one edge of the material on the seam line. Pin the folded edge carefully to the seam line on the other edge with pins at right angles to the seam. Take even tacking stitches alternately through the fold and through the single edge on the seam line.



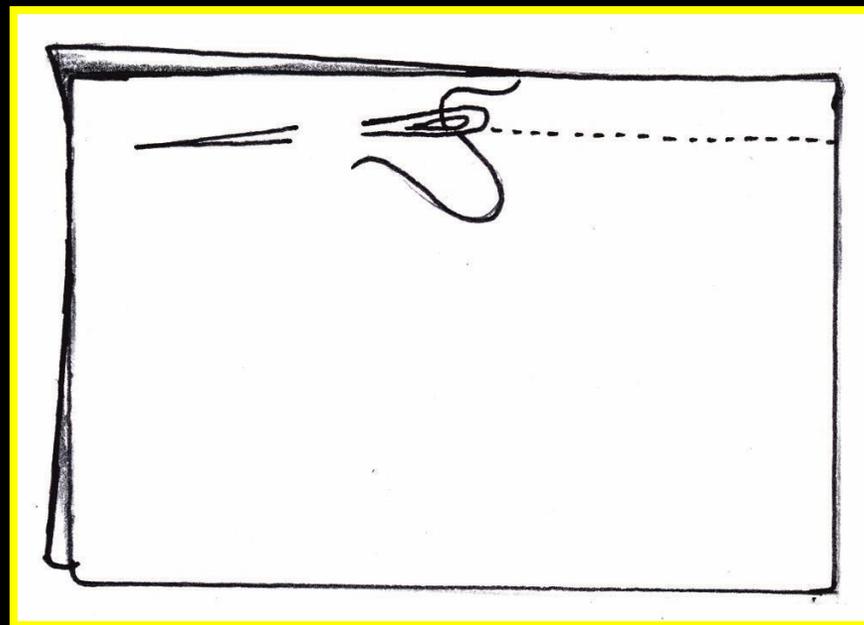
Permanent Stitches

The stitches that form a part of the stitched garment are called permanent stitches.

(i) Running stitching:

It is the simplest form of hand stitch which is used mainly for gathering and shirring fabrics. It is similar to the even basting, but stitches are much smaller. The stitches should be straight, fine and evenly spaced and mostly about 1/16 inch to 1/8 inch in length.

Method: To carry out the running stitch, take several very small stitches on to the point of the needle before drawing the thread through the fabric. The stitches should be as small as the thickness of the fabric to allow less than 2mm on fine fabrics.

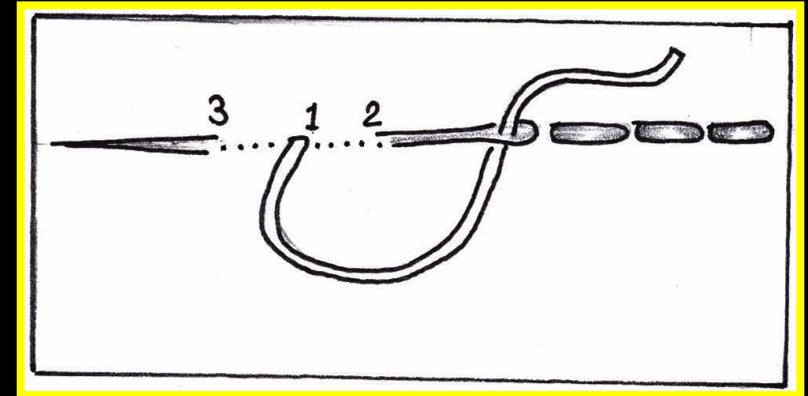


Running stitch

(ii) Back stitch:

It is considered to be very strong and is many a times used as a substitute for machine stitching. It is mainly applied when extra strength is needed.

Method: To work the back stitch, make a small stitch back from left to right. Then make a double length stitch forward on the wrong side of the fabric. So the needle emerges a stitch's length in front of the first one. Repeat this way, keeping the stitches uniform in size and fairly firm.

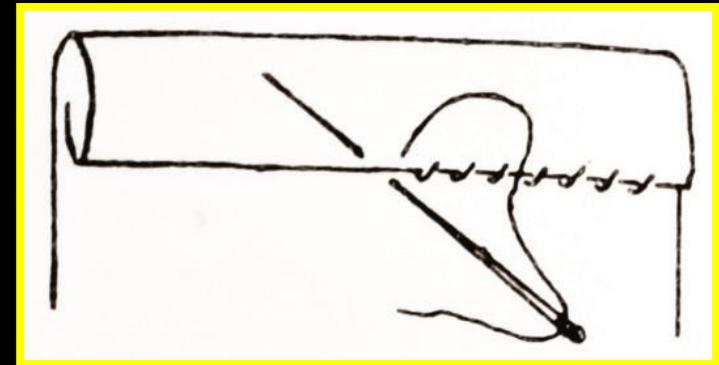


(iii) Run and back or combination stitch:

In this combination, a back stitch and three or four running stitches are combined and can be used for working plain seams done by hand .

(iv) Hem stitch:

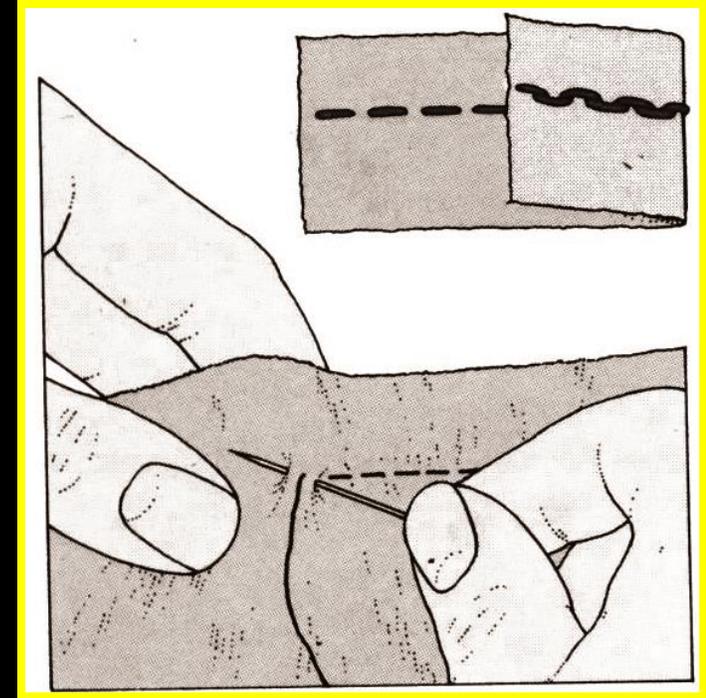
It is used for hems on medium weight or lightweight fabrics. It is mainly used to fasten a raw edge which should be turned in or to flatten a seam. It appears as small slanting stitches on the wrong side of the fabric.



(v) Half back stitch:

This stitch is quite similar to the back stitch, but with a longer stitch at the back side of the fabric .

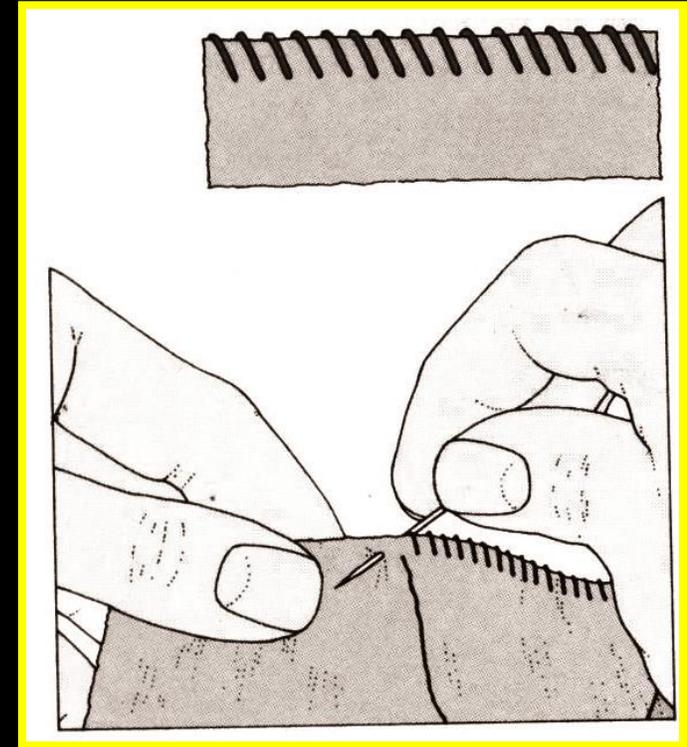
Method: To carry out the stitch, make a small stitch back from left to right and then make a stitch forwards, two and a half times as long, on the wrong side of the work. Make another small stitch from left to right on the right side.



(vi) Oversewing:

It is used to finish seam edges on fabrics which fray easily.

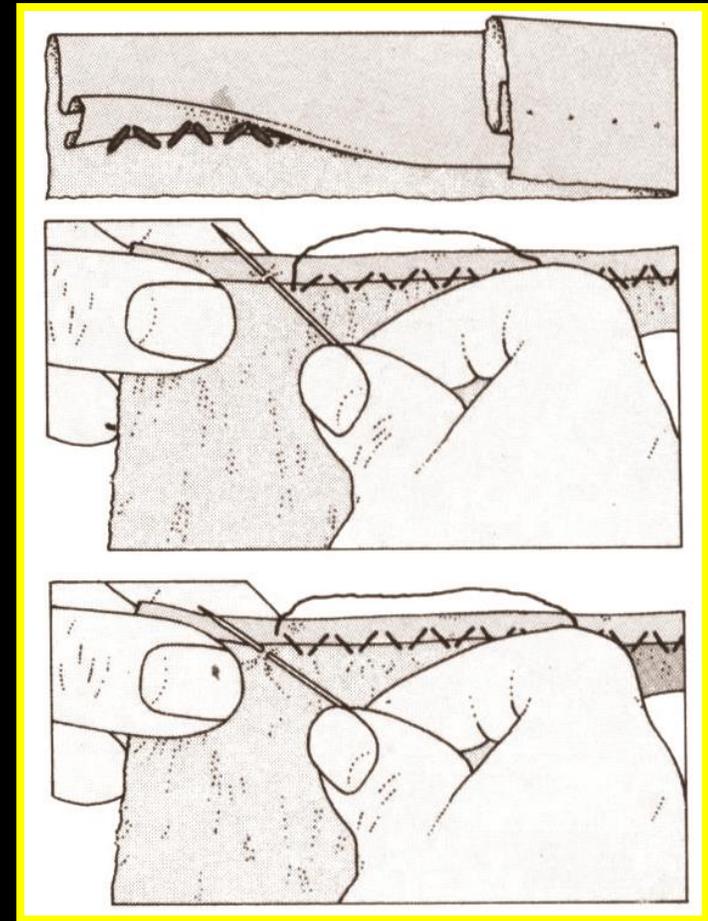
Method: To carry out the stitch, hold the fabric with the edge to be worked away from the worker. Insert the needle $\frac{1}{8}$ to $\frac{1}{4}$ inch from the edge, and bring the thread over the edge of the fabric. Make the next stitch $\frac{1}{4}$ inch further on.



(vii) Blind hemming stitch:

This stitch is worked on the inside fold of the hem so that the stitches are almost invisible; thus, the name 'blind'.

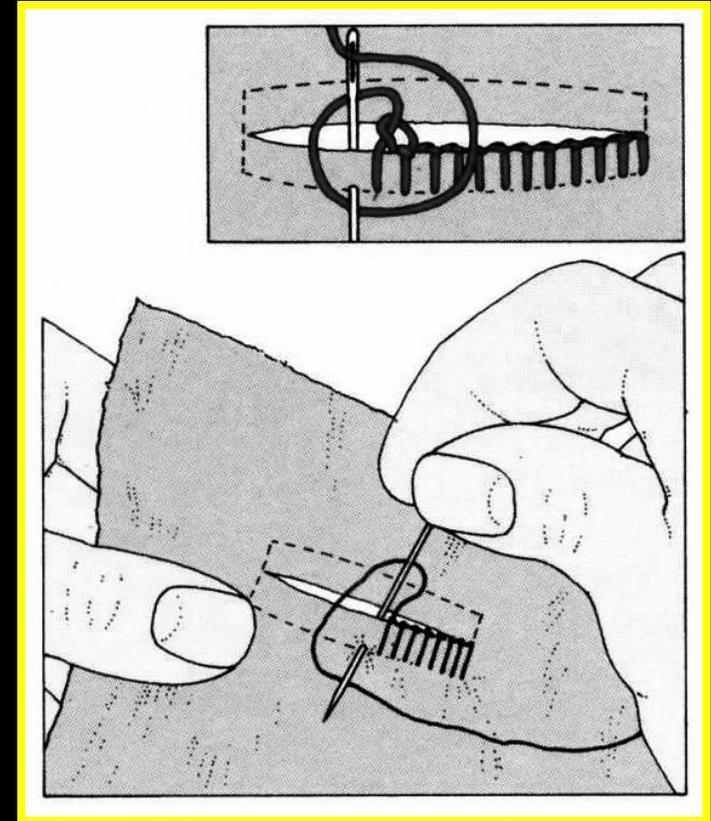
Method: To carry out the stitch, hold the work with the fold of the hem towards you, take a very small stitch inside the hem fold edge, picking up a thread of the single fabric on the point of the needle before taking another stitch on the inside hem fold of the garment.



(viii) Buttonhole stitch:

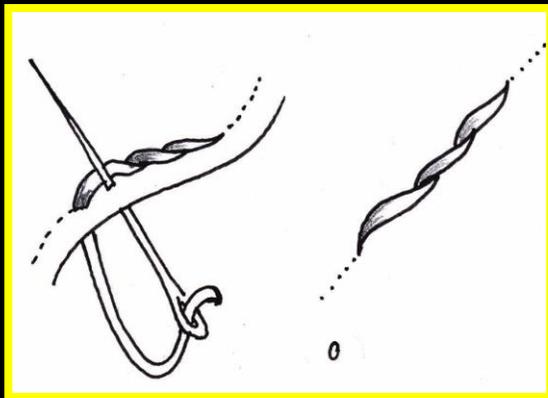
This stitch is worked with the needle pointing towards you, and the fabric edge away from you.

Method: To carry out the stitch, insert the needle in the right side of the edge of the buttonhole. Bring it out 1/8 inch below. Loop the thread hanging from the eye of the needle from right to left under the point of the needle and draw the needle upwards to knot the thread at the buttonhole edge

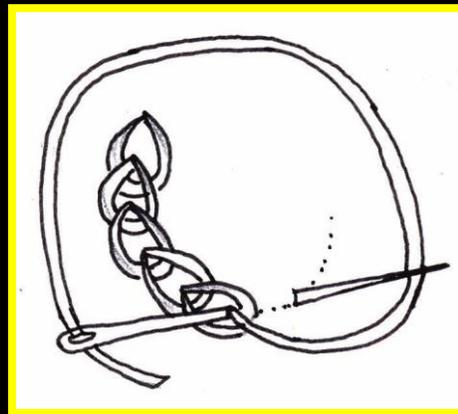


Decorative Stitches

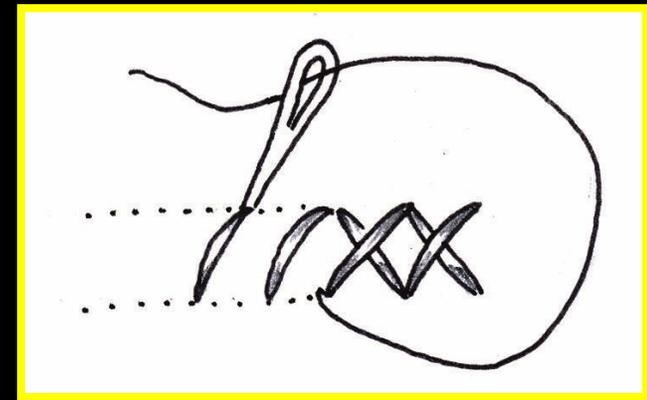
These stitches are also known as embroidery stitches. There are different kind of hand embroidery stitches. Some of the common hand embroidery stitches are stem, chain, herringbone, feather, lazy-daisy, satin, cross, bullion, etc., which are used to decorate garments, home furnishing items and other articles.



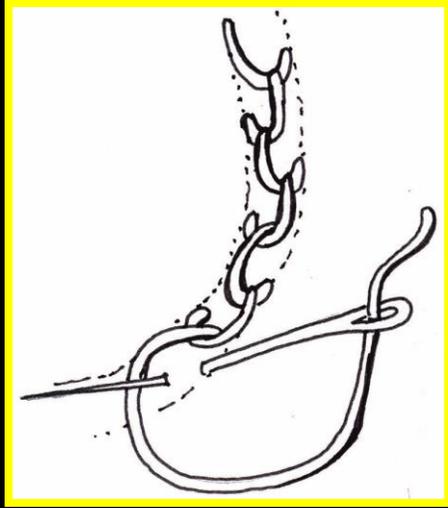
Stem stitch



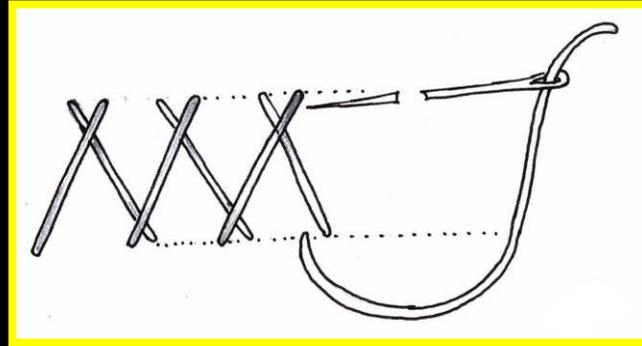
Chain stitch



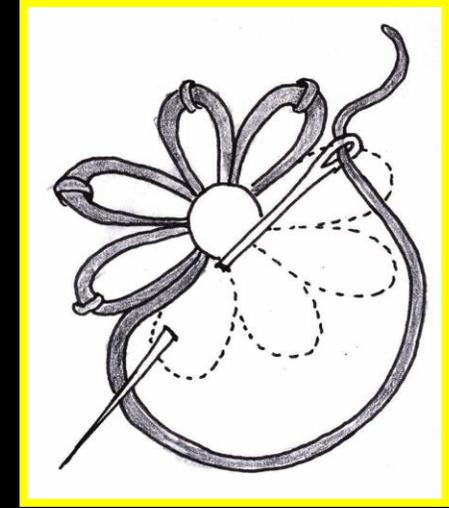
Cross stitch



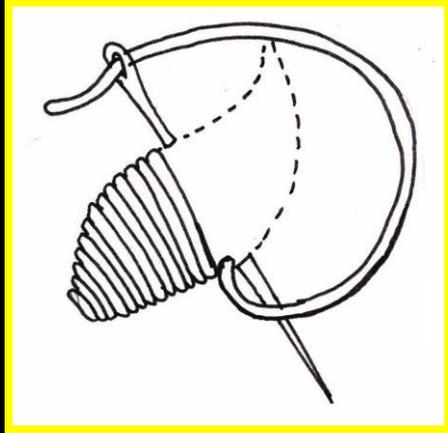
Feather stitch



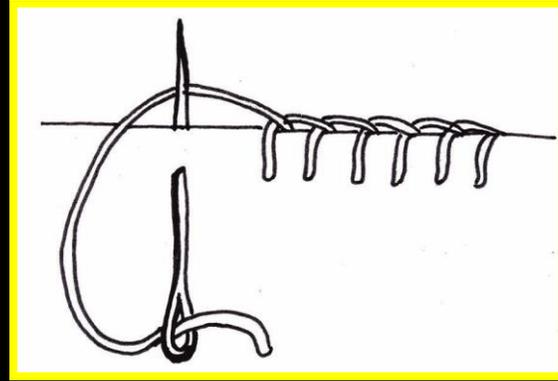
Herringbone stitch



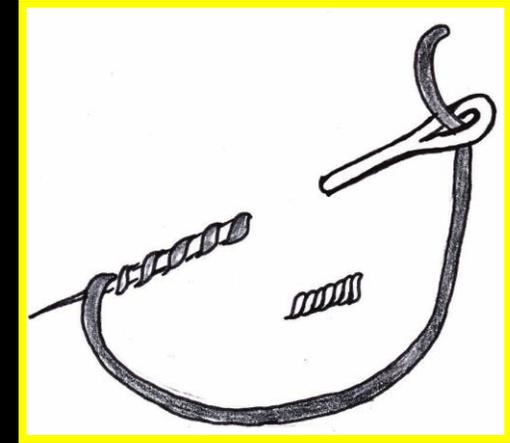
Lazy-daisy stitch



Satin stitch



Blanket stitch



Bullion stitch

Summary

In this session, you have learnt about the stitches used in sewing or garment construction, types of different stitches and method of their construction.

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