Running Stitch
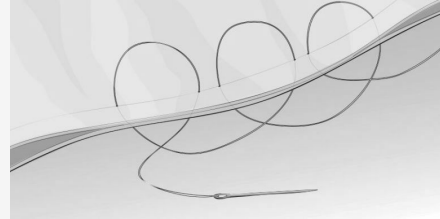

The Running Stitch

Description: Used to bind two pieces of fabric together. Handy for shortening clothing, fixing a falling hem, or adding a patch to a bomber jacket.

Instructions: Poke the needle through both pieces of fabric, then push it back through the fabric a quarter-inch over. This creates one stitch. Continue to the end of the seam. To close the stitches, push the needle through the fabric without pulling the thread all the way through to create a loop. Run the needle back through the fabric and loop to create a knot. Repeat two to four times.

Use it to: Shorten a pair of pants. Turn the pants inside out and cuff to the desired length. Pin to secure. Poke the needle through the topmost edge of the cuff. Then, use the needle to pick up just a few threads of fabric on the outer layer of the pants. Bring the needle back through the cuff, and create a normal-size stitch on the inside. Repeat until the whole leg is sewn, then tie it off.

The Backstitch

Backstitch

Description: Creates a strong, flexible bind between two pieces of fabric. Use it to mend the busted seam of a dress shirt, reattach a backpack strap, or attach a patch over a hole in your jeans.

Instructions: Make one quarter-inch stitch, like you did in the running stitch. Then bring the needle back toward the first stitch, poking it through a quarter-inch away from the start of the first. Bring the needle back down through the fabric to close the gap.

Use it to: Repair a ripped dress shirt seam. Take the shirt off and turn it inside out. Trim any frayed edges off of the fabric, then pinch the pieces flat against each other with your non-dominant thumb. Begin the backstitch about a quarter-inch below where the tear starts, and work your way to the end using small stitches. Continue the stitches about a half-inch past the top of the tear before tying it off.

Credit: https://www.popularmechanics.com/home/interior-projects/how-to/a28379/sewing-skills-diy/