

# Crafty Adults | Hand-sewing Essentials



## Supplies for the project:

- 1 Tapestry needle  
([example](#), [example](#))
- 10 or more Straight pins ([example](#))
- Various buttons (1-4)
- Cotton fabric—four 10 x 10 inch squares different patterns  
([example](#))
- Fabric scraps (optional)
- Various [Piping](#), [rick rack](#), ribbon or trim—scraps are fine
- Tapestry yarn or [embroidery floss](#)
- Scissors
- Iron (optional)

## Notes about supplies:

This is a very basic hand-sewing class. While we are making a specific project during the class, you can follow along and use what you have!

Don't worry about getting *exactly* what is listed. We'll be sewing with yarn (thicker thread) to better demonstrate the process and have provided it in the kits assembled by the library. Yarn is not required for this class, a simple spool of thread will do the trick.

Minimum you need: fabric, thread, a needle, and a button to participate in the class.

\*\*\*Links are **examples** of supplies. You can get most of these supplies at [The Idea Store](#) or any other craft supply store.\*\*\*

# Basic hand-sewing stitches & tips:

## How to thread a needle (with basic thread):

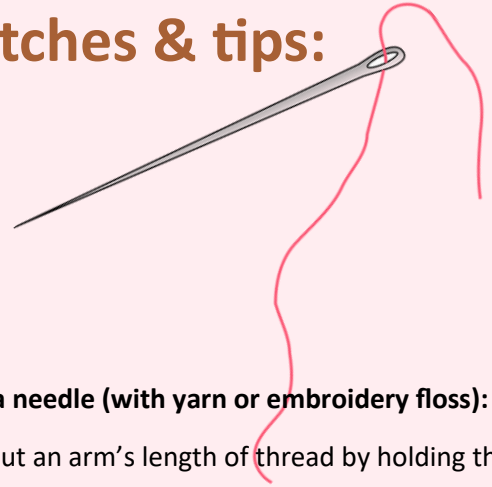
1. Unravel about an arm's length of thread by holding the thread in one hand and unwinding from the spool. Cut.
2. Take one end of the thread and carefully "thread" it through the eye of the needle.
3. Pull the thread until both ends are even and tie an overhand knot about an inch from the end.

### Sewing terms:

"right side" = front of project  
"wrong side" = back of project

## How to thread a needle (with yarn or embroidery floss):

1. Unravel about an arm's length of thread by holding the thread in one hand and unwinding from the spool. Cut.
2. Take one end of the thread and carefully "thread" it through the eye of the needle pull the thread about three inches.
3. Tie an overhand knot about an inch away from the opposite end of the thread.



## Running Stitch

1. Insert the needle into the fabric where you want to start the seam. Knot should be on the backside.
2. Bring the needle down to make a stitch about 1/4 inch.
3. Insert the needle back up about 1/4 inch in front of the first stitch. Repeat!
4. When you have finished your seam or run out of thread, on the back side, slip your needle into the last stitch and pull to create a loop. Slip your needle through the loop and pull tight. This will create a knot.

### Uses:

- Joining two pieces of fabric together
- Simple mending





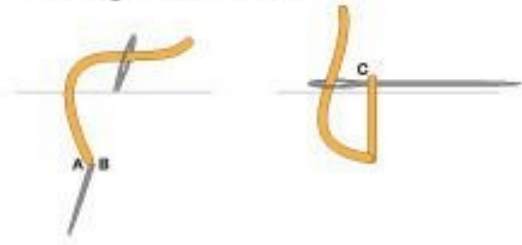
## Blanket Stitch

### Uses:

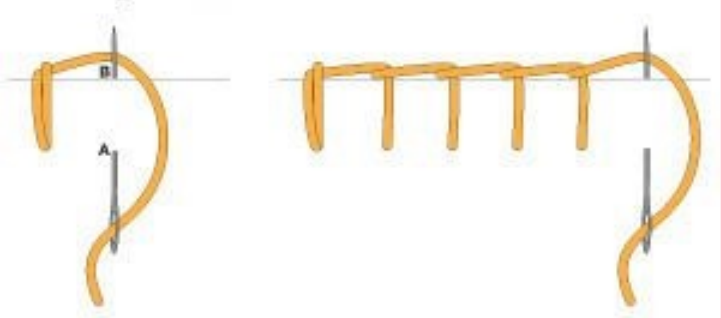
- finishing an edge
- to add some flare



Starting a blanket stitch



Working a blanket stitch



## Back stitch

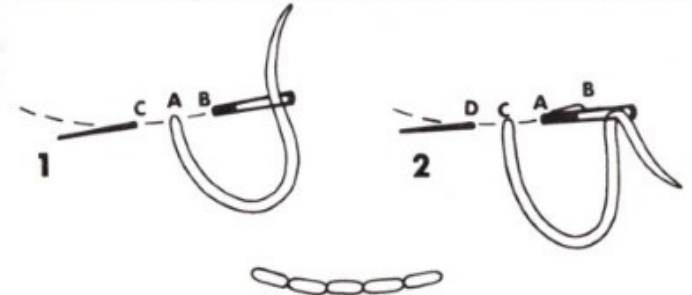
### Uses:

- Joining two pieces of fabric together
- Simple mending—when you need a strong seam
- Create a straight line of stitches



### BACK STITCH

Come up at A. Go down at B, up at C (1). Go down at A, up at D (2). Continue in this manner.

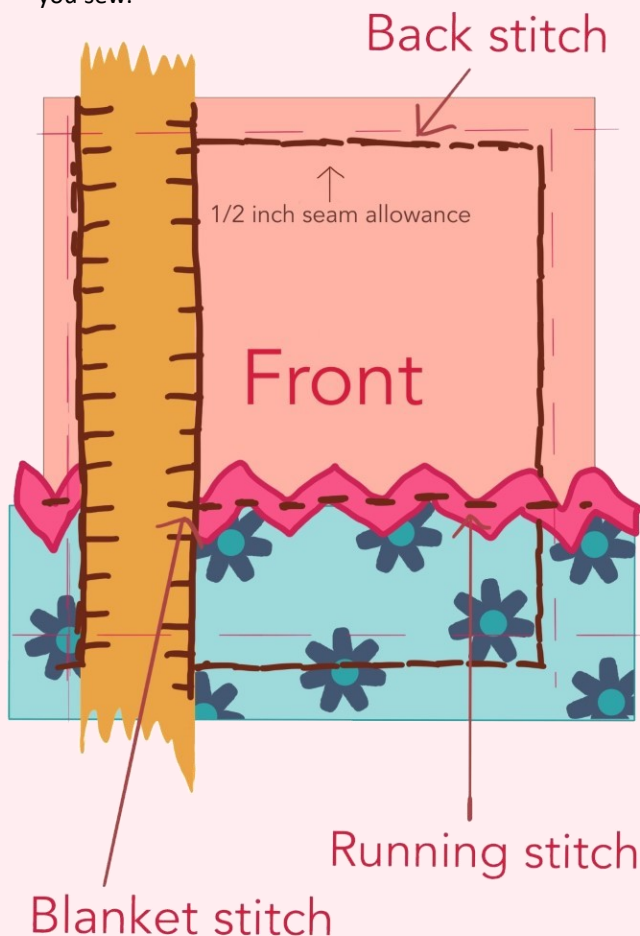
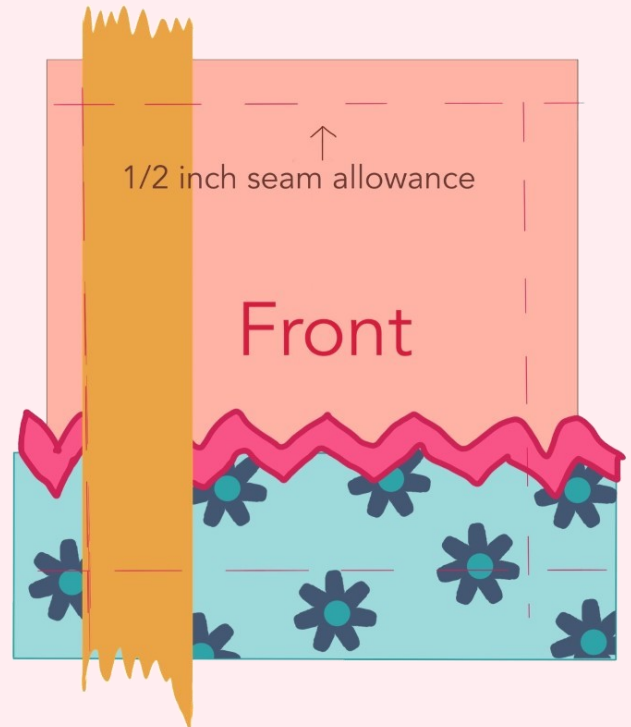


# Coaster/ Patch Instructions:

This project is a mix of sewing and embroidery. I find that learning to sew using thicker fiber is MUCH easier than using regular thread. This projects uses scraps of fabric and could be completed with yarn, embroidery floss or sewing thread.

Since you can use so many different types of materials, this project is open for interpretation.

1. Choose a base fabric and cut a 10 x 10 inch square. Pick anything! Keep in mind that it will be easier as a beginning sewer to see the stitches on a plain fabric versus a busy patterned fabric. If you plan to use patterns, choose contrasting thread that will pop!
2. I recommend ironing all the fabric you plan to use. This step is when I would iron your design flat. An iron is VERY helpful to have when sewing, as it ensures your fabric is nice and flat, and won't pucker.
3. Lay fabric pieces or scraps out flat on the base fabric. You can add and remove pieces until the design feels cohesive to you. I suggest using a mix of fabric, ribbon, piping or rick rack. Get creative! Cut shapes or strips to create your own unique design.
4. When you have a design that feels right, take straight pins and pin the fabric pieces in a few places, so that they will stay in place as you sew.



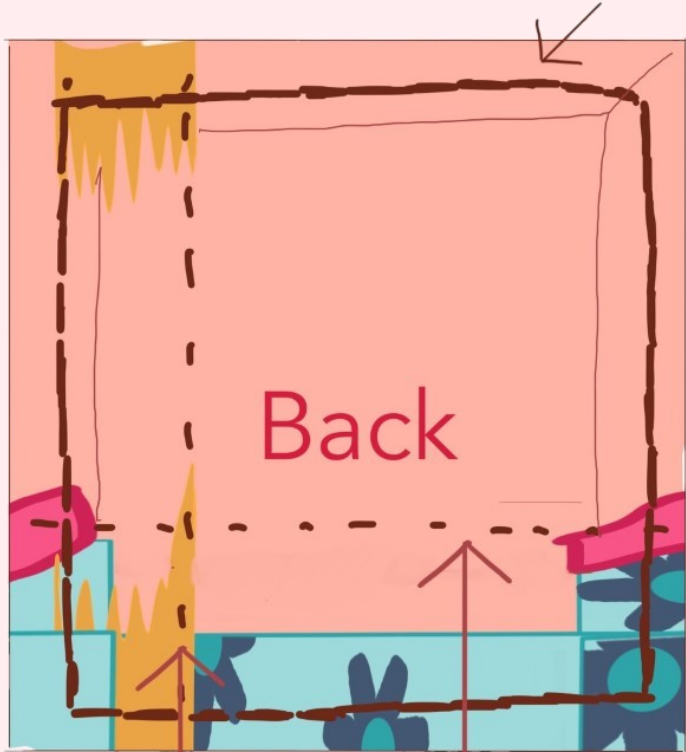
5. As a general rule, you should leave a 1/4—1/2 inch “seam allowance”. A seam allowance is extra fabric you plan for to create a seam. See picture above (dotted lines).
6. Thread your needle and start sewing! I have outlined three different stitches you can try: running stitch (most basic), back stitch and blanket stitch. If you would prefer to stick with a simple “running stitch” for the entire project, that is fine!
7. As you sew, remove the pins that are no longer needed. Be mindful of the pins as you sew—you don't want to prick your finger!

## Tying a knot:

Check out these detailed [instructions](#)!



## Back stitch



Back

Running stitch

Blanket stitch

8. Once you have your design stitched the fabric, flip your project over and fold the top down about 1/2 inch (your seam allowance).
9. Place two pins through the top and bottom of the fabric to secure.
10. Repeat on all sides. If you are using an iron, iron the back so everything is nice and straight and flat.
11. I like to use a back stitch to finish so that everything is secure and stays in place. You could absolutely use a running stitch or a blanket stitch, but I prefer a back stitch.

### Optional: Sew a button!

1. Thread your needle.
2. Stich up from the back side where you would like your button.
3. Guide your needle through one of the button holes. If your button has two holes, push your needle through the 2nd hole into the back of the fabric. If it has four holes, chose the hole on the opposite side.
4. Repeat several times until it is secure. Knot.

### Bonus stitch:

#### CHAIN STITCH

Come up at A, down again at A, and up at B, and with yarn under point of needle (1), pull through. Go down again at B (inside the chain), come up at C, and with yarn under point of needle (2), pull through. Anchor row by going over last chain and down at D (3).

