

**PENANG SANGAM HIGH SCHOOL**  
**P.O.BOX 44, RAKIRAKI**  
**LESSON NOTES BATCH 7 – WEEK 19**

Subject: Home Economics

Year/Level: 10

<b>Strand</b>	Clothing and Textiles
<b>Sub Strand</b>	Advance Techniques and Processes
<b>Content Learning Outcome</b>	1. Identify temporary and permanent stitches.

### Stitches

- There are two basic types of stitches namely, temporary stitches and permanent stitches.
- In garment construction, temporary stitches act as a guide to permanent stitches and are removed once permanent stitches are completed.
- Permanent stitches remains on the sewn garment.

#### **A. Temporary stitch**

##### **1. Basting**



- long, easily removed
- sewn by machine or hand.

#### **Steps to follow:**

- Make a knot on one end of a thread.
- Work from right to left.
- Keep stitches 3.5 cm long and slanting with equal spaces in between each stitch.
- Finish with back stitch.

#### Uses of basting

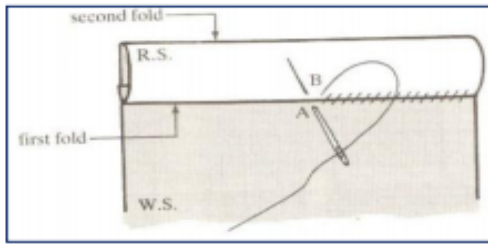
- To hold two pieces of fabric together before final sewing example, collar, facing, hem, etc.
- To allow the garment to be tried on for correct fit

#### **B. Permanent Stitches**

These are stitches that will remain on the garment throughout, example, hemming, slip hemming, etc.

##### 1. Hemming stitch

## 1. Hemming stitch



Hemming stitches are hardly visible on the right side of the garment. It slants in the same direction and is even in size.

### Steps to follow:

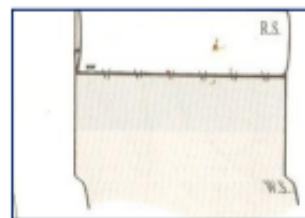
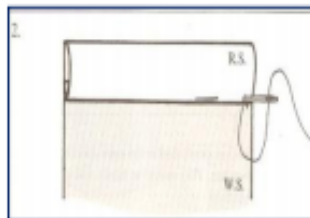
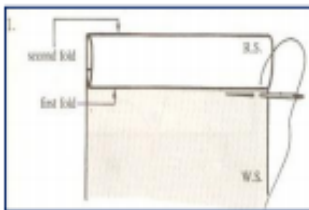
- i. Work from right to left.
- ii. Use single thread.
- iii. Begin with a double back stitch on the first fold of the hem.
- iv. Take the needle out through the fold.
- v. Insert the needle at A and draw it through the fold at B.
- vi. Repeat hemming to the end.
- vii. End with a double backstitch.

### Uses:

- a. It is used to hold narrow hems in position.
- b. Hemming stitch is used on waistbands, cuffs and bindings.

## 2. Slip-hemming stitch

It is used to keep hems in place.



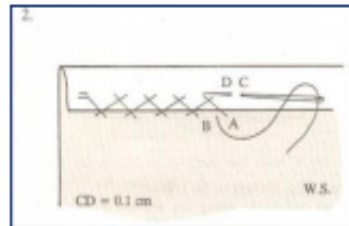
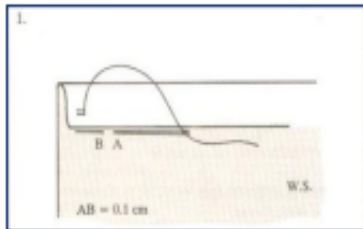
### Steps to follow:

- i. Work from the right to left.
- ii. Use single thread.
- iii. Begin with a double backstitch on the first fold of the hem.
- iv. Take the needle out from the fold.
- v. Pick up one or two threads of the fabric.
- vi. Insert the needle into the fold and bring it out about 1- 1.5 cm away.
- vii. Repeat slip-hemming to the end
- viii. End with a double back stitch.

### 3 .Herringbone stitch

Herringbone stitch is used to hold shaped facings and single hems in position.

It can also be used as a decorative stitch.

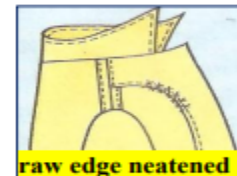
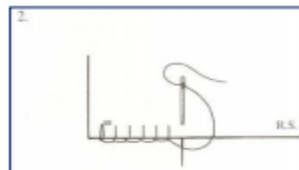
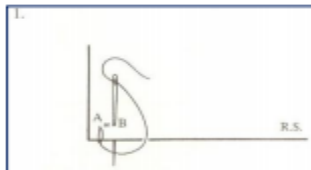


#### Steps to follow

- i. Work from left to right.
- ii. Use single thread
- iii. Begin with a double backstitch.
- iv. Insert the needle into the fabric at A and draw it out at B about 1 cm away.
- v. Insert the needle into the fold at C and draw it out at D, about 0.1 cm away
- vi. Repeat herringbone stitch to the end
- vii. End with a double backstitch.

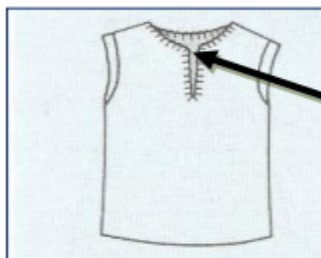
### 4. Loop Stitch

Loop stitch is often used for decorative purposes or for neatening raw edges. It is also known as blanket stitch.

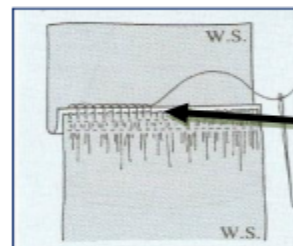


#### Steps to follow;

- i. Work from left to right.
- ii. Use single thread
- iii. Begin with a double backstitch.
- iv. Insert the needle into fabric at A
- v. Place the thread under the needle and pull the thread through, so that a loop is formed over the raw edge
- vi. Insert the needle at B.
- vii. Repeat loop stitching to the end.
- viii. To end, turn to the wrong side and sew a double backstitch.



as a decorative edging



an overlaid seam

## 5. Backstitch

Backstitch looks like machine stitches on one side. This stitch can be used to stitch seams when a sewing machine is not available.



- i. Work from right to left.
- ii. Use either single or double thread.  
(depending on the thickness of the fabric).
- iii. Insert the needle in the fabric at A and draw it out at B, about 0.2 cm away.



- iv. Work a second stitch close to the first stitch, bringing the needle out at B.

### Activity

1. Differentiate between permanent and temporary stitch.
2. State two examples of permanent and temporary stitch.