

## Sewing Technique: Lock Stitch (Hem 1")

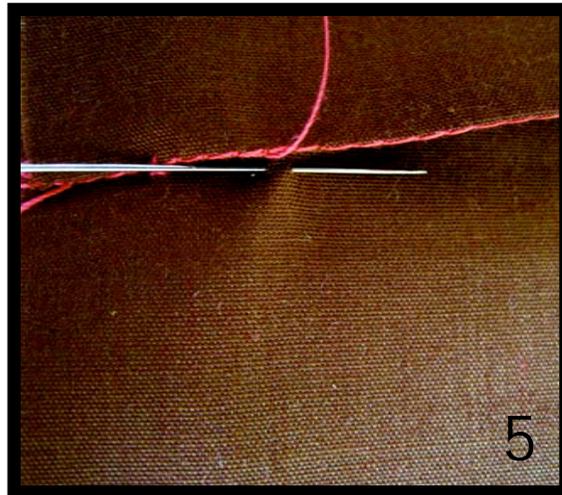
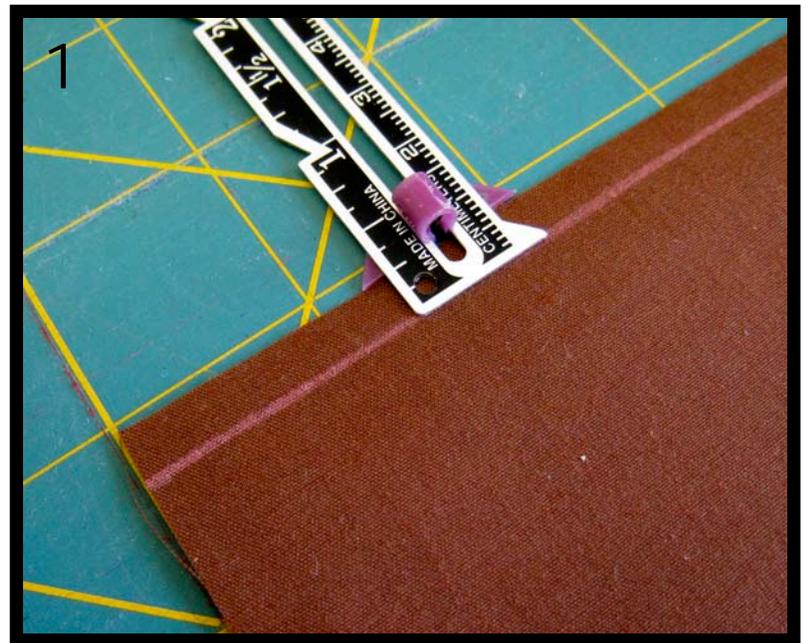
The lock stitch is a hand stitch used for hemming purposes. It gives a secure hold with limited view of the thread on the outer side of the garment.

STEP 1: Stay stitch  $\frac{1}{4}$ -inch from the fabric edge. (A stay stitch is a single line that is used for guidance and to keep the fabric from fraying. It is a normal stitch length and backstitching is a personal preference.)

STEP 2: Fold the hem edge back 1-inch. Press fold in order to make a crease in the fabric. Press fabric again  $\frac{1}{4}$ -inch. This press will follow the stay stitch seam.

STEP 3: Secure thread to the folded edge of fabric on stay stitch line in order to hide the knot.

STEP 4: Moving left, make a small stitch ( $\frac{1}{2}$  to  $\frac{3}{4}$  inch). The stitch should first go through the  $\frac{1}{4}$ -inch fold; then a small stitch is made that only goes through the outside layer of the garment. Pull thread gently back through to the inside of the garment. Avoid pulling the thread tight as the needle passes back through the loop created from the stitch.

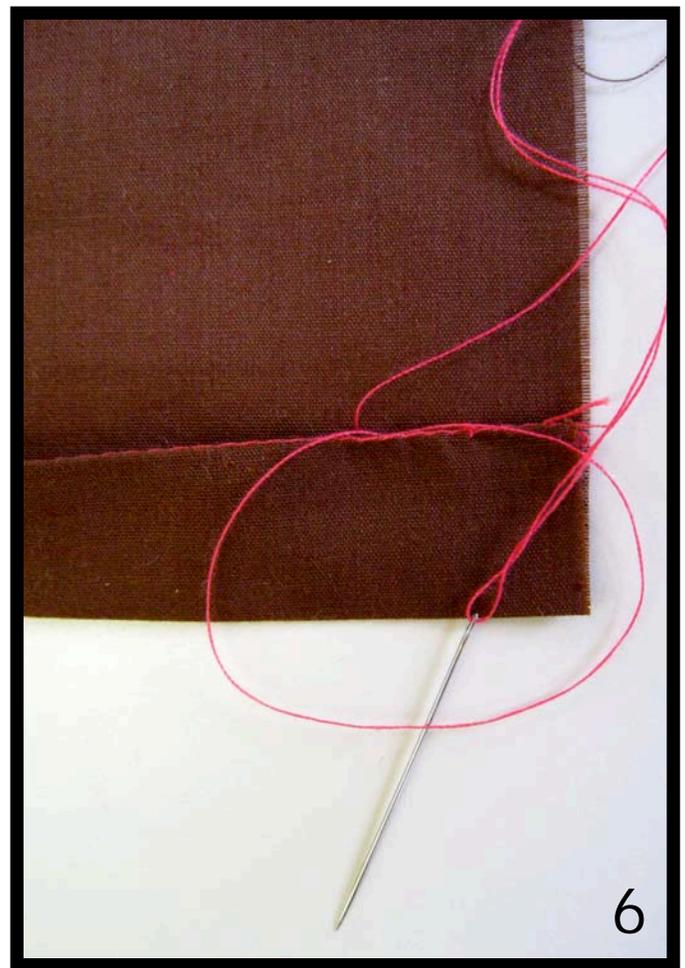
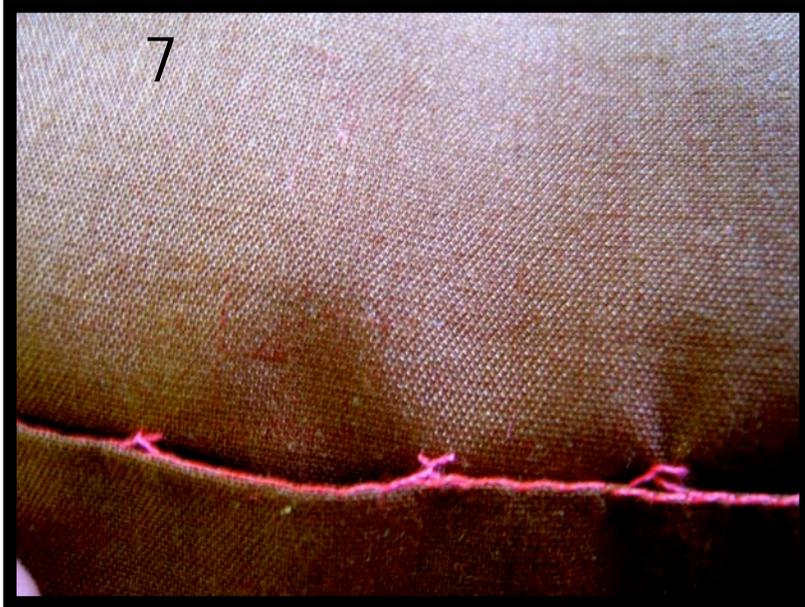


STEP 6: To tighten lock stitch, pull thread to the left.

STEP 7: Continue moving left and repeating step 5 until seam is complete.

STEP 8: Once finished, secure thread to prevent it from unraveling.

NOTE: The lock stitch can be used in place of a catch stitch.



#### Industry Standards for a Well-Constructed Hem:

- Hem is level
- Hem lies flat
- No puckers, twists, or extra bulk
- Hand stitching is not visible on correct side of garment
- Hand stitches are evenly spaced
- Topstitching is even and parallel to hemline

#### References:

- Readers Digest. (2010). *New complete guide to sewing*. Pleasantville, NY: Readers Digest Association Inc.
- Brackelsberg, P., & Marshall, R. (1990). *Unit method of clothing construction, 7th Ed.* Long Grove, IL: Waveland Press, Inc.
- Cole, J., & Czachor, S. (2009). *Professional sewing techniques for designers*. New York: Fairchild Publications, Inc.

#### Written by:

Sandra Bradshaw, USU Extension Intern  
Teisha Thompson, USU Extension Intern

Lindsay Maxfield, USU Extension Intern  
Lindsey Shirley, PhD, Clothing and Textiles Specialist



**Utah State University**  
COOPERATIVE EXTENSION

Utah State is an affirmative action / equal opportunity institution.



**CLOTHING  
CONSTRUCTION**

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decision.

Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities.

This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Noelle E. Cockett, Vice President for Extension and Agriculture, Utah State University.(FC/Clothing&Textiles/2012-17pr)