

## How to Sew 3 Unique Types of Seams by Lindsey Johns of Inside The Hem

### Materials Needed:

Scrap Fabric (Cotton, Sheer, and Ponte Knit were used on the show)  
Coats & Clark Dual Duty Polyester Thread  
Coats & Clark Fine Thread  
Coats & Clark Buttonhole Thread  
Coats & Clark Eloflex Stretchable Thread  
Sewing Machine

### Instructions:

#### xxx Seam

Set up your machine to sew a multi-stitch zigzag seam.  
Place your fabric right sides together and stitch along your seam allowance.  
Trim the seam allowance to within 1/8" inch of stitching.  
Press to one side

### Notes:

This seam is ideal to reinforce seams that will take a lot of strain during wear. It can be used on woven and knit fabrics, but should only be used on mid-weight fabrics like denim, cotton, and linen.

#### yyy Seam

Set up your machine to sew a narrow zigzag stitch with fine thread.  
Mark the seam allowance of your fabric.  
Lay a piece of buttonhole or topstitching thread along the seamline  
Stitch along the seam line ensuring the zigzag is catching the buttonhole/topstitching thread under it.  
Trim very close to the stitching line.

### Notes:

This seam is ideal for sheer fabrics where you don't want the seam allowances to show through to the right side of your garment.

#### Lapped Seam

Set up your sewing machine to sew a straight stitch with Eloflex thread in the top and bobbin.  
Eloflex also requires a stretch needle.  
Mark the seam allowance on the right side of one of your fabric scraps.  
Place a line of glue within the seam allowance.  
Lay the other fabric piece right side up along the marked seam line adhering the two seam allowances with the glue.  
At the machine, stitch 1/8" from the raw edge and again 1/4" from the first seam.

### Notes:

This seam is ideal for fabrics that are difficult/impossible to press like synthetic leather. It is also perfect for thicker fabrics that create bulky seams like ponte knit.