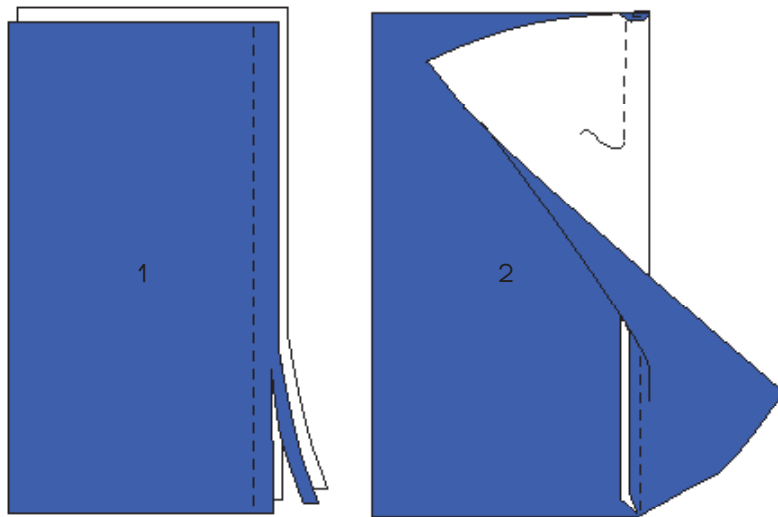


self finished seams

Self-enclosed seams: Self-enclosed seams are those in which all seam allowances are contained within the finished seam, thus avoiding the necessity of a separate seam finish.

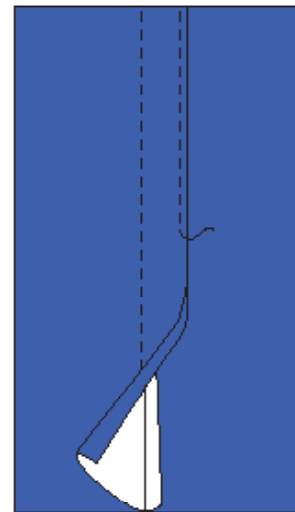
the french seam



The French seam is a self-enclosed seam that is first stitched with the fabric wrong sides together and then refolded and stitched with the fabric right sides together. It gives a beautiful, professional edge to garments. Accurate trimming and proper pressing are the keys for successful French seams.

Making a French seam: With wrong sides together, stitch the seam $3/8$ " from the fabric edge. Trim the fabric $1/8$ " from the stitching, and press the seam open. Refold and press the seam with the fabric right sides together. Stitch $1/4$ " from the folded edge. Press the seam to one side.

the flat-felled seam



The flat-felled seam is very sturdy, and so is often used for sports clothing and children's wear. Since it is formed on the right side, it is also decorative, and care must be taken to keep widths uniform, within a seam and from one seam to another.

Making a Flat-felled seam: With wrong sides of fabric together, stitch on the seamline. Press seam open, then to one side. Trim the inner seam allowance $1/8$ ". Press under the edge of outer seam allowance $1/4$ ". Stitch this folded edge to the garment. Be careful to press like seams in the same direction (e.g., both shoulder seams to the front).

