



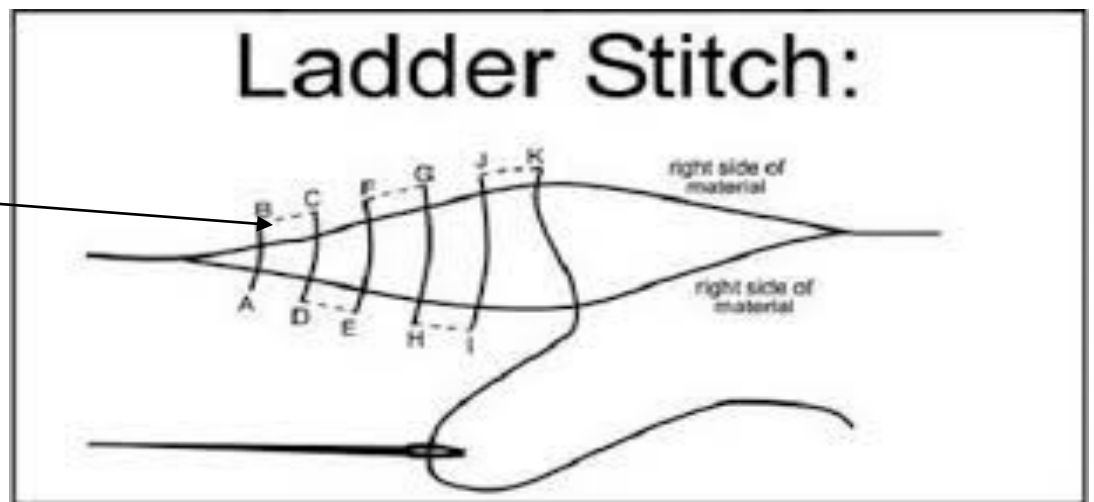
Ladder Stitch

When you are closing a seam in garments or items that have stressed seams, using the ladder stitch properly will secure the seam without the thread showing.

It's a simple stitch that can be used in most seams.

**Image source unknown*

Dotted Lines: Under the fold of fabric.



How To Sew the Ladder Stitch

1. Begin with right sides out and the seam you are sewing folded in about 1/8" to 1/4". Insert the needle and thread so the knot will be on the inside of your starting point.
2. Re-insert your needle at A, close to the fold of the seam. Push through to B, keeping the thread below the folds.
3. Guide the needle in the fold a short distance (as above) and push through at C.
4. Repeat this method until the seam is closed.
5. Run thread through fabric away from the seam, pull up remainder and cut excess. This prevents a knot from show at the end of the sewing.

If this is a bit confusing, take your time. Try and picture you are making a ladder (hence the name). There are solid resources on You Tube that show you in slow motion how to make the ladder stitch.