

# HENRICUS AT HOME

## STITCH SAMPLER

Four hundred years ago, every single article of clothing worn by the English colonists in Virginia had to be sewn completely by hand. Sewing an article of clothing by hand takes time and skill. Do you have what it takes to make your own clothing? Test your skills and try some of these basic stitches!

### MATERIALS

- ◆ Needle
- ◆ Thread
- ◆ Fabric

**Note:** Large tapestry needles (like the blue plastic one pictured on the left), are easiest for children to practice with. However, you'll need to use an open-weave fabric, like burlap, so that the needle can easily pass through the material.



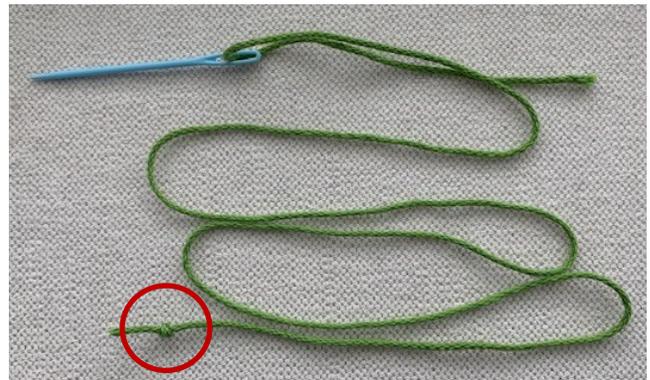
If you do not have a needle at home, you can practice “sewing” into cardboard using a piece of yarn or an old shoelace. Simply use a hole punch to make evenly spaced holes into thin cardboard. Fortify the end of your yarn using a piece of tape and “sew” into the holes. Cardboard sewing is an excellent way for even the youngest historians to practice this new skill!

- ◆ Tape
- ◆ Yarn or Shoelace
- ◆ Cardboard
- ◆ Hole Punch



**Begin each project** by threading your needle. Tie a knot into the long tail of the thread. This will keep your thread from pulling out of the fabric when you make your first stitch.

**\*\*If you are “sewing” on cardboard, simply tape the end of the thread to the back of the cardboard.\*\***



**Knot**

## **THE WHIP STITCH**

The whip stitch can be used to easily and quickly sew two pieces of fabric together.

**Step 1:** Stack two pieces of fabric, one on top of the other. Pick a spot close to the edge of the fabric and poke your needle through from the back. Be sure to poke through both pieces of fabric. Pull your thread through the fabric until you reach your knot.

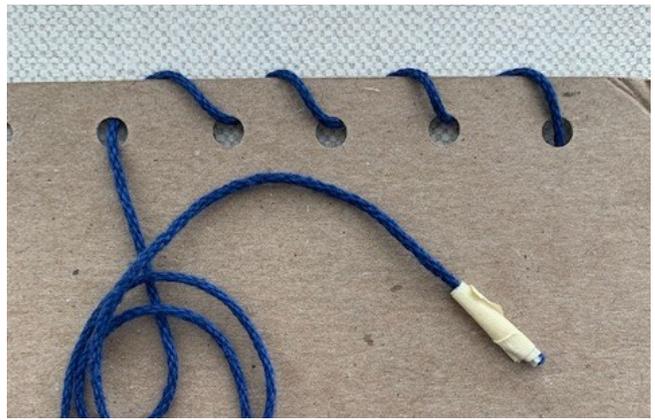


**Step 2:** Bring your needle to the back of the fabric. Poke your needle up through both pieces of fabric, a short distance away from your first stitch. Pull all of the remaining thread through your fabric.



## THE WHIP STITCH (CONTINUED)

**Step 3:** Bring your needle to the back of the fabric. Poke up through the fabric a short distance away from your second stitch. Pull your thread through. Keep repeating this stitching method until you reach the end of your fabric.



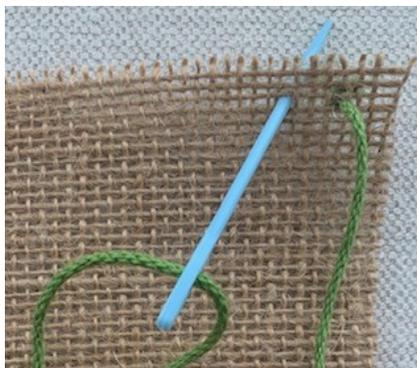
## THE RUNNING STITCH

This stitch can be used for basic seams or for attaching a patch or trim.

**Step 1:** Insert your needle up through the back of the fabric and pull the thread all the way through until you reach your knot.



**Step 2:** Move your needle over a short distance. Poke your needle back down through the front of the fabric and pull the remaining thread through. Your first stitch is complete.

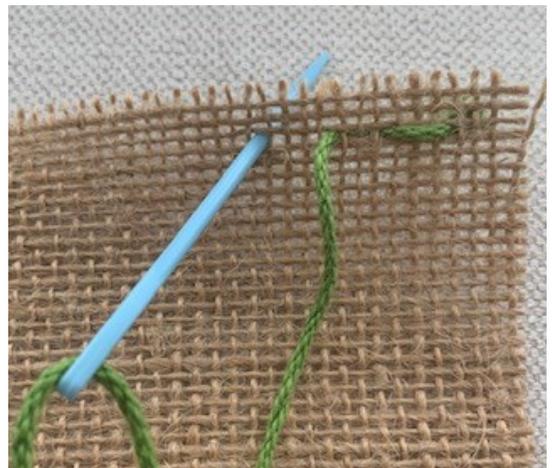


## THE RUNNING STITCH (CONTINUED)

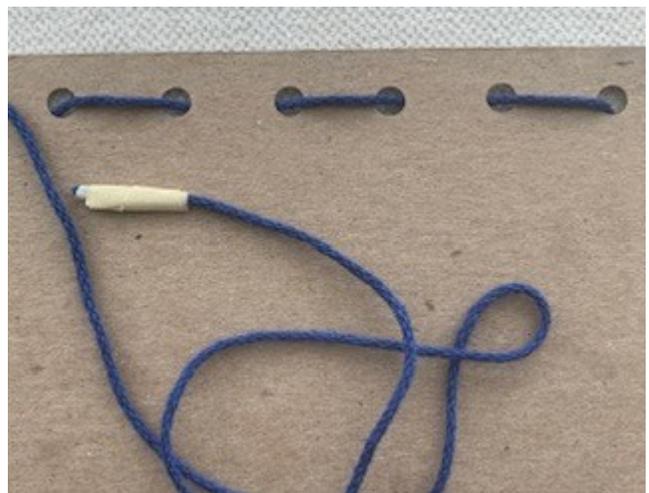
**Step 3:** Poke your needle up through the back of the fabric, a short distance away from the stitch you just completed. Pull the thread all the way through.



**Step 4:** Poke your needle back down through the front of the fabric. Your second stitch is complete.



**Step 4:** Keep repeating the back-front-back-front stitching method until you reach the end.



## THE BACKSTITCH

This is a strong stitch. It is often used for clothing seams that get a lot of wear and tear.

**Step 1:** Complete steps 1-3 of The Running Stitch. You should have one stitch complete, with your needle poking up from the back of the fabric. Pull the thread all the way through.



**Step 2:** Insert your needle into the front of the fabric, *very close* to the end of your first stitch. It is as if you are doubling back on yourself. Unlike the running stitch, the stitches you complete here will have no space between them.

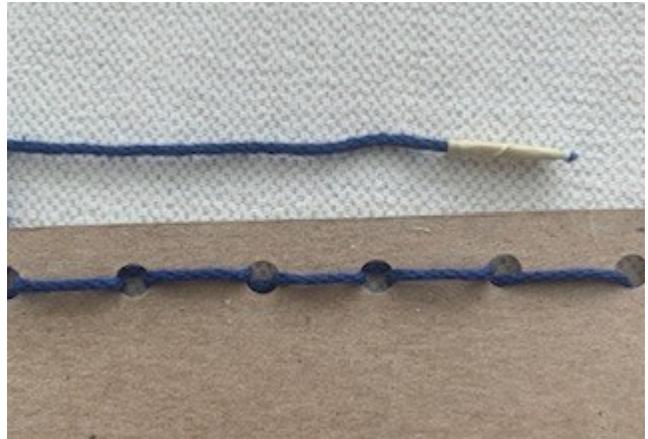


**Step 3:** Poke your needle up through the back of the fabric. Then, insert the needle through the front of the fabric, *very close* to the last stitch you just completed.



## **THE BACK STITCH (CONTINUED)**

**Step 4:** Keep repeating this stitching method of “doubling back” until you reach the end.



## **SEWING CHALLENGE**

Now that you have learned the stitches, take some time to practice them. Challenge yourself to sew different shapes or letters into your fabric. You can use a marker to draw a picture on your fabric or cardboard (like a stencil) and sew over your design. What will you create today?

