

Hand Stitches

Practical skills

Six stitches that cover almost every repair.

What each stitch is for.

Stitch	Use	Note
Running	Gathering, tacking	Fastest, weakest
Backstitch	Seams, repairs	Strongest hand stitch
Whip	Edges, hems	Quick, visible
Slip / ladder	Closing a seam	Invisible from outside
Blanket	Edging, appliqué	Decorative and functional
Blind hem	Hems	Barely visible

Backstitch is close to machine-seam strength. It is the one to use for anything that will be under load.