

## FLAT SEAM

A flat seam may be worked from either the right or the wrong side of the work. Place the 2 pieces of fabric evenly together and stitch one row at a time, always bringing the needle up from underneath through the centre of the stitch, then in the same manner through corresponding stitch on second piece.

**NOTE** – Always keep seam elastic – there should be as much stretch in your seam as there is in the rest of your garment.

