

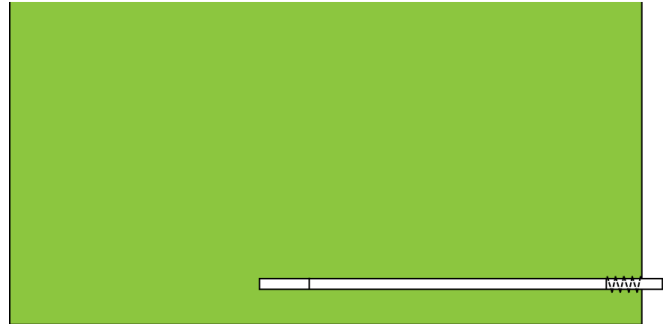
## Sewing elastic with a 3-step zigzag stitch

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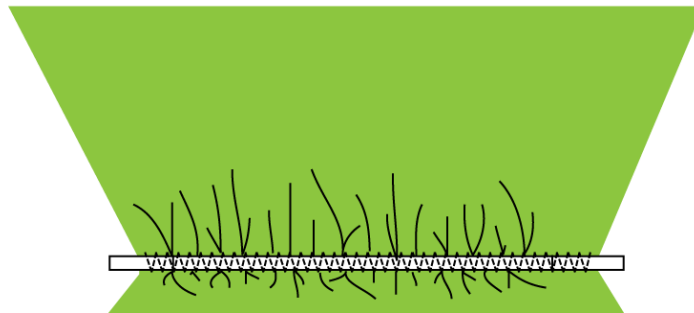
It is easy to add elastic to a child's sleeve or anywhere you'd like without sewing a casing.

Mark the elastic with beginning and end marks to indicate where the elastic will lie between the seam allowances, leaving at least 1" of elastic outside the marks to provide "handles" to use while you sew.

The length between the marks on the elastic will be less than the fabric length; the difference produces the gathers. Be sure to test the stretch of the elastic to achieve the amount of gathering you want at the sleeve cuff.



Match one mark with the seam line at one sleeve edge, allowing the tail of the elastic to lie flat across the seam allowance. Set the machine for a 3-step zigzag stitch. Sew a few stitches to secure the end of the elastic to the fabric within the seam allowance. Grasp and hold the end of the elastic behind the needle. With the other hand, grab the elastic in front of the needle and stretch it along the elastic placement line. Sew through the elastic, continuing to stretch it as you sew, until the second mark matches the seam line at the opposite edge of the sleeve. Allowing the remaining elastic to lie flat across the seam allowance, continue stitching to the fabric edge. Trim the elastic even with the fabric edge.



When you stitch the sleeve seam, the elastic ends will be caught in the seam, leaving a neat and sturdy finish.