

# My Favorite Stretch Stitches At A Glance Chart

Stitch	Favorite Place to Use It
 Straight Stitch	Never, unless paired with stretch thread.
 Triple Straight Stitch	Construction seams on really tight garments and hemming.
 Zigzag Stitch	Finishing raw edges.
 Three Step Zigzag Stitch	All main construction seams if others aren't available.
 Lightning Bolt Stitch	All main construction seams.
 Honeycomb Stitch	Anything elastic or stretch lace.
 Overlock/Overedge Stitch	All main construction seams.
 Feather Stitch	Topstitching