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How do I prevent pressing marks coming through when I press a seam open?

This is a question that is asked quite frequently especially with people who are new to sewing. Quite simply this technique is created with the help of a particular piece of pressing equipment, “the seam roll” which is a tightly packed oblong pressing aid. The seam roll is an essential part of the pressing equipment that any sewer or tailor should own along side the steam iron, sleeve board and ironing board and various other pressing aids available on the market today.

Once you have placed your fabric over the seam roll, you can begin to press the seams open by applying pressure with the iron directly onto the seam. The seam allowance edges drape downwards and so reducing the risk of any pressed marks showing through to the right side of the cloth. No matter how much pressure you exert onto the cloth, the iron will only have contact to the stitched seam resulting in a professionally pressed panel. You can place the seam roll onto a sleeve board as to bring the task in hand even closer to your line of sight while you also create more space for the fabric to be draped. It really is a simple technique in pressing but one that is very effective.

The seam roll comes in various lengths and colours with the main colour being brown. The base is usually an off-white while the top half is in a contrast colour. The seam roll is made of thick wool fabric being packed very tightly with wadding as to keep its shape while pressure is applied with the iron as a seam is being pressed open. Seam rolls can be purchased as a set of pressing aids including the tailors ham and the pressing mitt which will all come in the same colour. These sets can be found in some haberdashery stores which specialize in fabrics, threads and sewing accessories.



The classic seam roll, a great pressing aid to prevent unwanted pressing lines.

Usually the seam roll is something that you would purchase together with your other pressing aids like the sleeve board, pressing mitt and tailors ham. Having a seam roll included within your pressing equipment accessories will give you the confidence to know that you have the right equipment to create some stunning garments as they will be correctly pressed, look clean cut and professional.

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