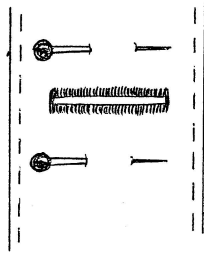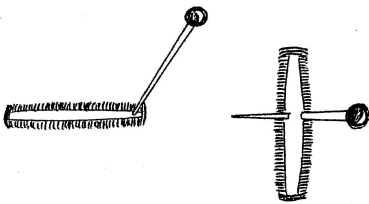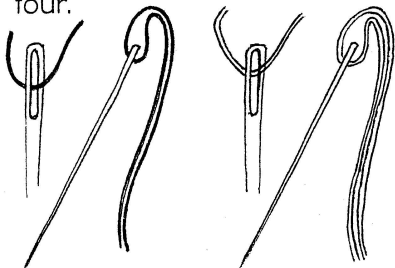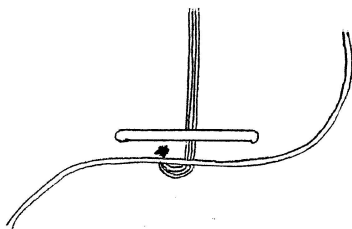Pin your garment together so it looks like it's buttoned.

Stick a pin along the inside of the buttonhole of a horizontal buttonhole, or through the centre of a vertical buttonhole. Unpin the garment.

It is important to use a good quality thread. Heavy duty threads are recommended on outer garments, using a double strand. Use regular sewing thread for all other garments; take an extra long piece of thread, double it through the eye of the needle so that you end up with a short piece of four.
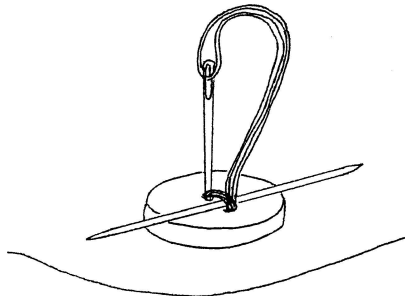
Make a knot at the end of the thread. Start from the right side of the garment, make a stitch, pick up button, and sew.
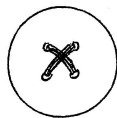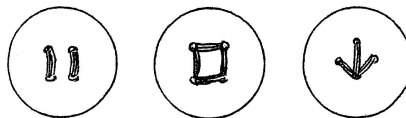
SEW THROUGH BUTTONS:

Allow "play" for sew through buttons by inserting a heavy duty pin, toothpick or matchstick over the button under the first stitch.
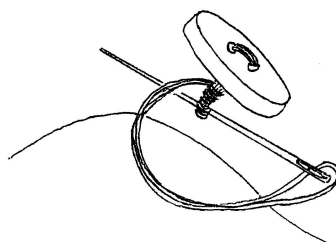
4 hole buttons:

an "X" formation says couture and is the usual standard...
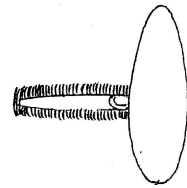
other variations:

Continue sewing through the button's holes. When using 4 threads at once, 4 times through a 2 hole button or 2 times through each set of a 4 hole button is enough for most garments; a few more times for outer or rugged garments.

On the last round, bring thread to right side of fabric and wind tightly around the "play" stitches under button to form a shank. Sew through your thread shank a couple of times for security, then bring thread to underside of fabric, sew through your stitches only and tie off.
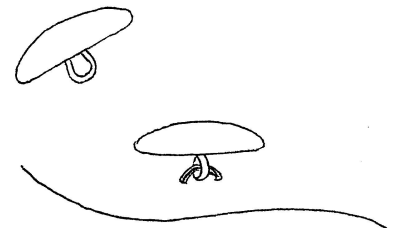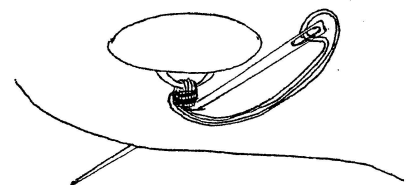
SHANK BUTTONS:

It is usual to sew shank buttons so that the direction of the shank matches the direction of the buttonhole.

Guide your needle through the shank and through the fabric to secure button; when using 4 threads at once, 4 times is enough for most garments, a few more times for outer or rugged garments.

On the last round, bring thread to right side of fabric and sew through your stitches a couple of times, then bring thread to underside of fabric, sew through your stitches only and tie off.