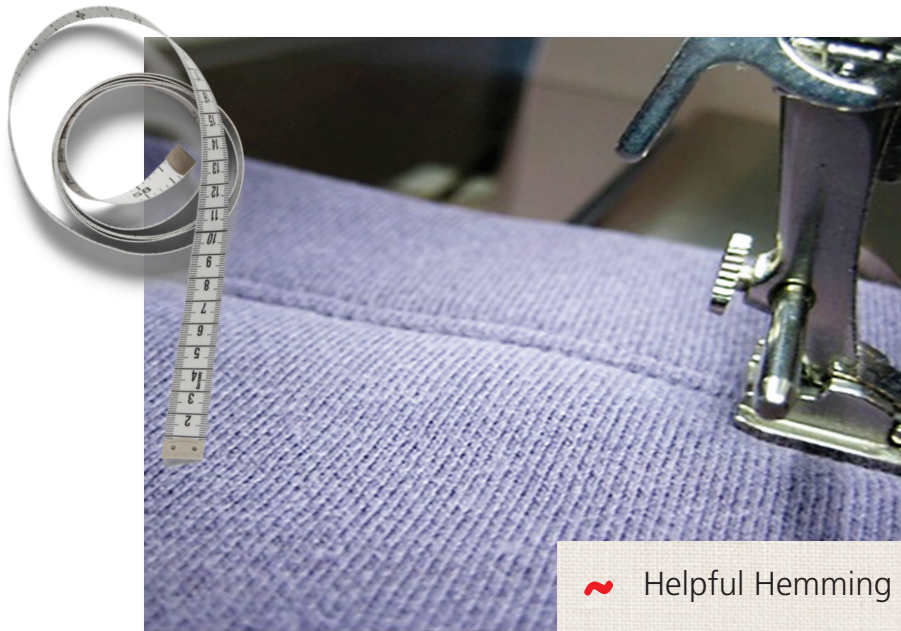


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Just SEW It!

Machine Hemming Techniques



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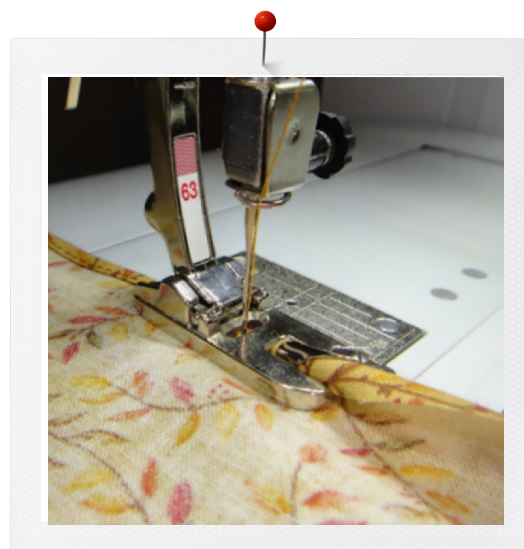
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Machine Hemming Techniques

Completing a project is a satisfying feeling and it usually comes with the last stitch of a hemmed edge. Whether it is a garment, window treatment, or hand bag, a well-stitched hem is a sign of quality craftsmanship. Knowing a few basic machine hemming techniques can let the quality of your sewing show!

These machine hemming techniques are useful on a variety of fabrics and projects:

- Blind Hem
- Narrow Hem
- Hemming Knits
- Serger/Overlocker Rolled Hem
- Serger/Overlocker Banded Hem



Helpful Hemming Info

How Deep Is Your Hem?

The depth of a hem is important because it does more than finish the lower edge of the project. It can provide structure for tailored garments and it may or may not add weight as the fabric and/or project dictates.



How Deep Is Your Hem?		
Project	Fabric	Depth
Tailored jackets, skirts and dresses	Linen, wool; medium to heavy weight fabrics	1¼" - 2"
Full flowy skirts and dresses	Chiffon, georgette, batiste; sheer and light-weight fabrics	⅛" - ⅜"
Shirts and top	Light to medium weight cotton, rayon, linen, etc.	⅜" - ½"
Knit tops, skirts, and dresses	T-shirt knits, double knits, rayon knits	¾" - 1¼"
Trousers and slacks	Linen, wool	¾" - 1¼"
Custom Draperies	Draperly weight fabric; cotton, linen, chintz, etc.	3" - 4" double (add 6" - 8" to the finished length)

Measuring/Pressing Guide

Create this low-tech tool for pressing a hem with a minimum of measuring:

1. Cut a piece of cardstock (a manila folder works well) 1" wider than the hem being pressed.
2. Measuring up from the bottom of one long edge, mark a line parallel to the long edge to mark the depth of the hem (ex.: measure 2" up for a 2" hem).
3. Fold the lower edge of the fabric up to the marked line; press.

Advantages:

- Faster measuring of hem – no need to find a specific number on the measuring tape, just fold the fabric up to the line.
- The card protects the fabric, preventing "press-through" shadows on the right side of the fabric.

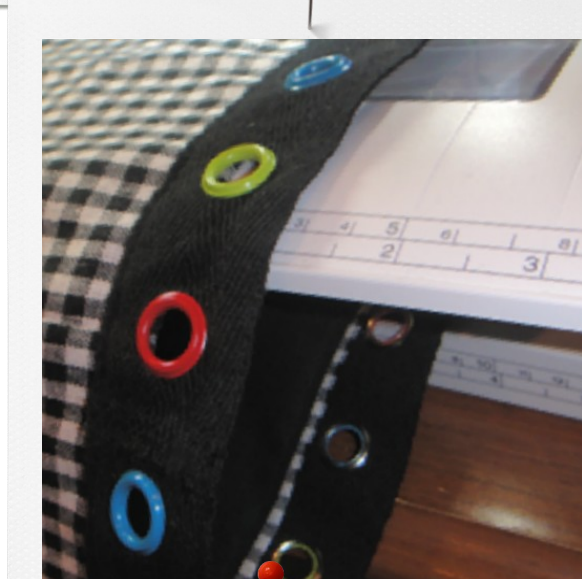
Frearm Stitching

Hems are often stitched on tubular pieces such as skirts, sleeve, and pant legs. Using the frearm of the machine makes it easy to maneuver around the opening without having to stop and shift the fabric every few stitches.

BERNINA machines offer two frearm options. The slender frearm is perfect for hemming small tubular items such as baby garments, pant legs, etc.



For larger items, use the slide-on sewing table as a frearm surface. Perfect for hemming bag openings, skirts, and wide leg pants, this surface is stable and completely open so the circular item can slide over the left edge of the table to be placed under the needle. Added tools are printed measurements and an adjustable guide that can help measure a consistent distance from the hem edge for straight sewing!



Blind Hem

This traditional type of hem is a strong, secure finish—good for men's trousers, woman's jackets, custom drapery and other structured projects with a hem depth of at least 1¼". The results are a nearly invisible hem and a neatly finished interior.

Machine Settings

- Blind Hem Foot #5 (see following page)
- Blind Stitch; Stitch Width 3mm, Stitch Length 2.5mm
- Far Right Needle Position
- Engage Needle Stop Down

Step 1

Finish the lower edge of garment by overcasting, serging, folding under, etc. Fold up the hem allowance and press the hem, following the instruction on the previous page in the Measuring/Pressing Guide.

Step 2

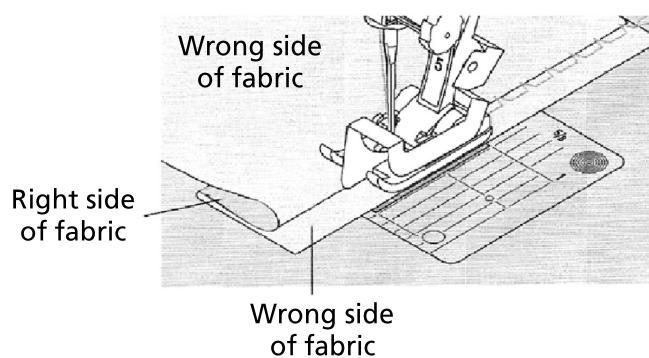
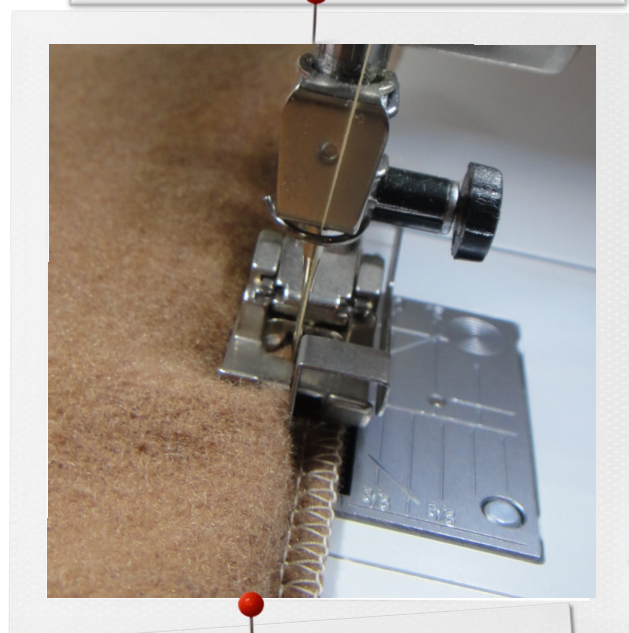
Machine baste (straight stitch with a length of 5mm or preprogrammed basting stitch) the hem in place about ¼" - ⅜" from serged edge of fabric.

Step 3

Lay garment *wrong* side up on bed of machine. Fold hem under to the right side of fabric, exposing the lower (serged) edge of fabric. Position Foot #5 with the center guide against the fold.

Step 4

Stitch the hem, adjusting the stitch width if needed to make the stitch show as little as possible on the right side of the fabric. Remove the basting stitches.



Blind Hem, continued

Blind Hem Foot #5

This presser foot is specifically designed for sewing the blind hem technique. The blade down the center of the foot provides a guide for stitching along the fold of the fabric. This guide continues through the needle opening to the back of the foot. The zigzag portion of the blind stitch forms over the guide, adding slack to the thread, which helps it lie flat on the hem without puckering once the hem is unfolded.

Custom Drapery Hem

The Blind Hem is an excellent choice for hemming custom draperies, which have a 3"-4" double hem. Turn the hem up twice, completely enclosing the lower raw edge. Machine baste hem in place about $\frac{1}{4}$ "- $\frac{3}{8}$ " from folded edge of fabric.

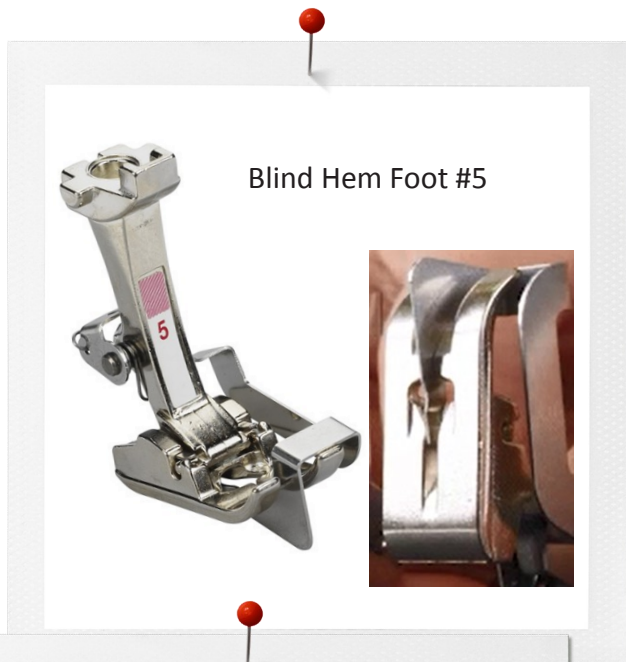
Lay garment *wrong* side up on bed of machine. Fold hem under to the right side of fabric, exposing the lower (folded) edge of fabric. Position Foot #5 with the center guide against the fold and stitch the hem. The stitch will sew on the folded edge of the hem allowance, taking an occasional zigzag stitch into the drapery. When stitching is complete, remove basting stitches.

Blind Hem Tips

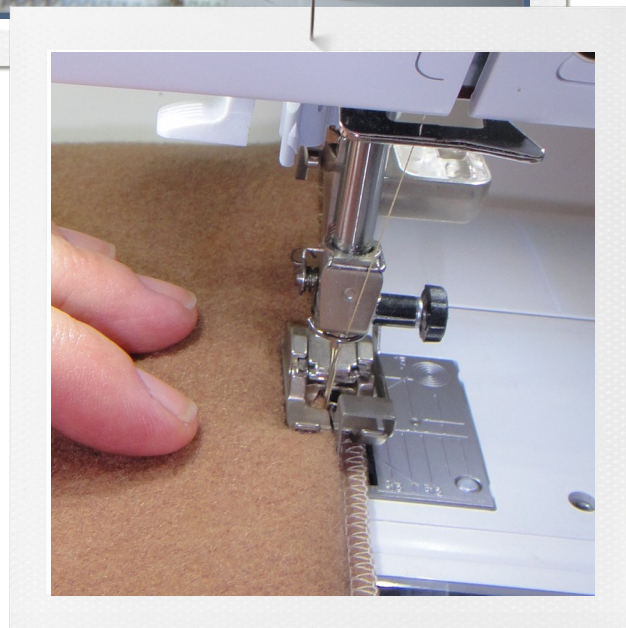
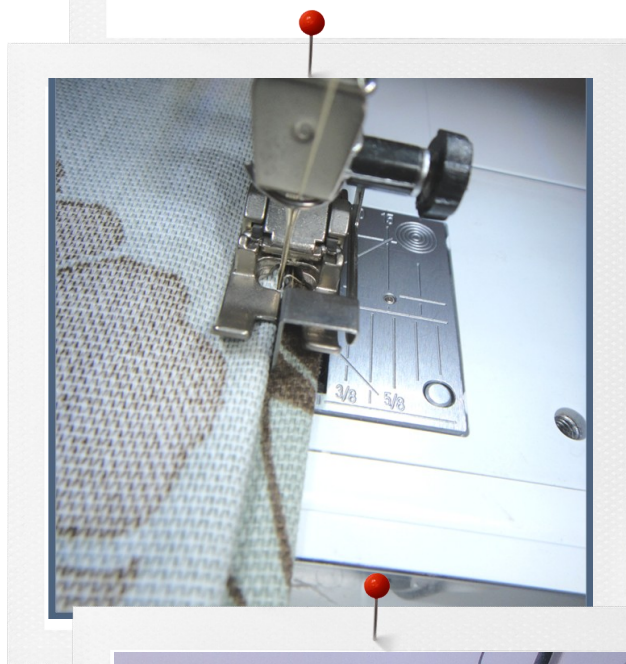
- For the most invisible hem possible, use a needle one size smaller than normal for the chosen fabric.
- Use only the recommended stitch length. A shorter length will be more visible on the right side of the garment; a longer one may cause the hem to pucker.
- Place hand as shown to hold the folded edge in place. This will hold the fold against the blade, giving consistent stitches along the hem. *Do not push or pull the fabric.*



Click for Video!



Blind Hem Foot #5



Narrow Hemming

This double turned hem is turned and stitched in one operation using a BERNINA Hemmer Foot. The foot turns the fabric edge under and positions it perfectly for stitching. Use this technique for finishing the edges of scarves, napkins, blouses, ruffles, etc.; it works for most light to medium weight fabrics.

Machine Settings

- BERNINA Hemmer Foot (see following page)
- Straight stitch or Zigzag stitch, depending on the presser foot used
- Center Needle Position
- Engage Needle Stop Down

Step 1

Fold the fabric edge the size of the hem twice to the wrong side (refer to the foot chart on next page for hem sizes). Sew 4-5 stitches to anchor the folded fabric. Click on the video button below to see an alternative method of starting the hem.

Step 2

Lift the foot with the needle in the fabric; grasp the fabric edge and feed it into the coil.

Step 3

Stitch the hem, holding a consistent amount of fabric up and slightly to the left to keep it from unfurling from the coil of the foot (see photos on following page).



Click for Video!

See an alternative way to get started with a BERNINA hemmer foot!

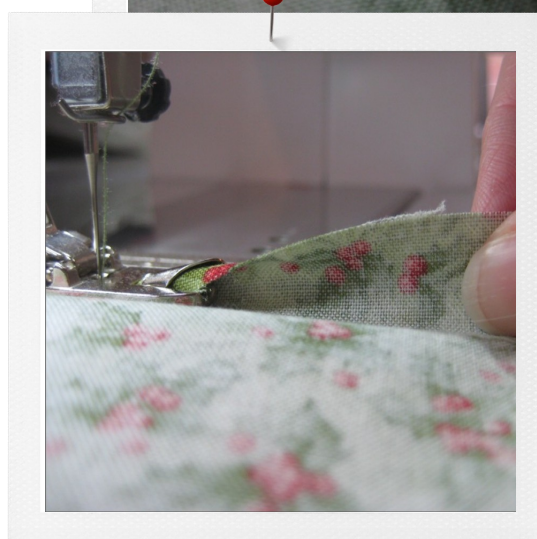


Narrow Hemming, continued

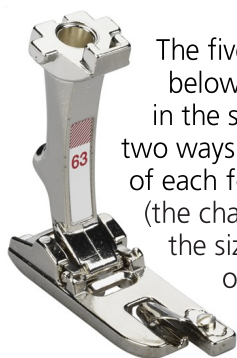
Tips

Use the Freehand System to raise and lower the presser foot, leaving your hands free to maneuver the fabric edge into the coil of the foot.

Spray starch and press the fabric edge to give it more body, making it easier to feed into the coil of the hemmer foot.



BERNINA Hemmer Feet



The five hemmer feet listed below are similar and function in the same manner. There are two ways to distinguish the use of each foot—finished size of hem (the channel on the sole shows the size) and the size of needle opening (straight or zigzag/decorative stitch).

1. 2mm Zigzag Hemmer Foot #61
2. 2mm Straight Stitch Hemmer Foot #62
3. 3mm Zigzag Hemmer Foot #63
4. 4mm Straight Stitch Hemmer Foot #64
5. 6mm Zigzag Hemmer Foot #66



2mm Roll & Shell Hemmer Foot #68



4mm Roll & Shell Hemmer Foot #69

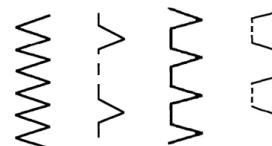
Roll and Shell Hemmers

Two additional BERNINA hemmer feet are designed to create a scalloped edging on soft fabrics such as tricot, batiste, and lightweight cottons. Roll & Shell Hemmer Feet #68 and #69 function in the same manner as the narrow hemmers but the resulting hem is rounded rather than flat.

Stitch with a blind stitch (mirror imaged as needed). Additional stitch options are shown below. The stitch should sew on the edge of the fabric with the wide part of the stitch reaching over in the air, pulling the soft fabric in at occasional intervals to form the soft scalloped edging.

Stitch Options (from left to right)

- Zigzag
- Blind Stitch (mirror imaged)
- Vari-overlock
- Universal



Hemming Knits

Double needle stitching simulates the look of a ready-to-wear finish, resulting in a hem that will stretch with the fabric, preventing “popped” stitches as the garment is worn. This hemming technique works well on most knits from t-shirt knits to sweatshirt fleece.

Machine Settings

- Open Embroidery Foot #20/20C/20D
- Straight stitch Center Needle Position
- Engage Needle Stop Down

Step 1

Insert a double needle with (ballpoint or stretch points) into the machine and thread the upper part of the machine with two spools of thread. *Note: Thread the machine as usual except separate the thread in two places: put one thread on each side of the tension disc and have one thread bypass the final guide before the needle.*

Step 2

Fold desired amount of knit fabric to the wrong side of the garment; pin in place

Step 3

From the right side, stitch about ¼” away from the upper edge of the hem allowance (if 2” was folded up for the hem, stitch 1¾” away from the lower folded edge).

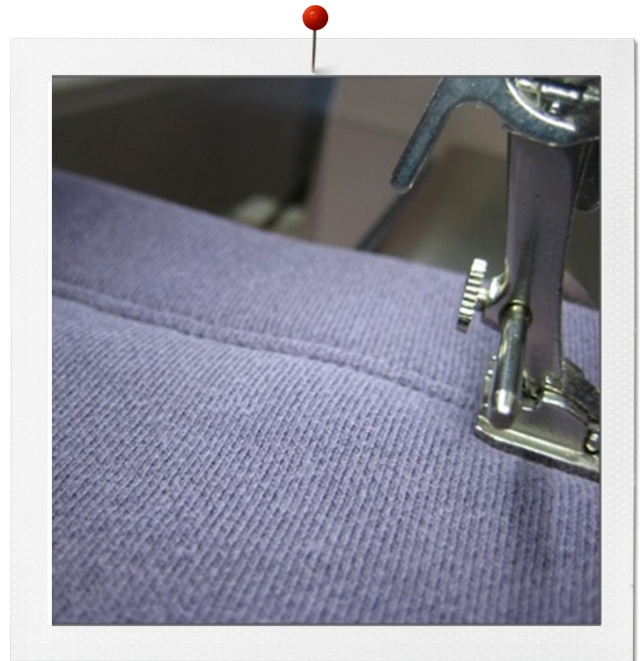
Step 4

On the wrong side, trim excess fabric above the double needle stitching.

Tip

If the fabric stretches as it is stitched, reduce the presser foot pressure and/or use a dual feed or walking foot.

Attach a seam guide to the presser foot to keep the spacing consistent. Adjust the guide to the desired measurement and then align it with the folded edge of the hem while sewing.



Security Program



If available, engage the Security Program and select the appropriate double needle. The machine will restrict the stitch width to avoid needle breakage and possible foot damage.

Serger/Overlocker Cover Stitch Hem

Use the stitch seen on ready-to-wear to add the finishing touch when hemming a knit garment. The 2-needle cover stitch shows a double row of stitching on the outside and a row of looper stitches covering the raw edge on the inside. Many, but not all, home sergers are equipped to serge this factory stitch found on all types of purchased clothing.

Machine Settings

- Cover Stitch Serger set for a 2-needle cover stitch
- Cover Stitch Hem Guide

Step 1

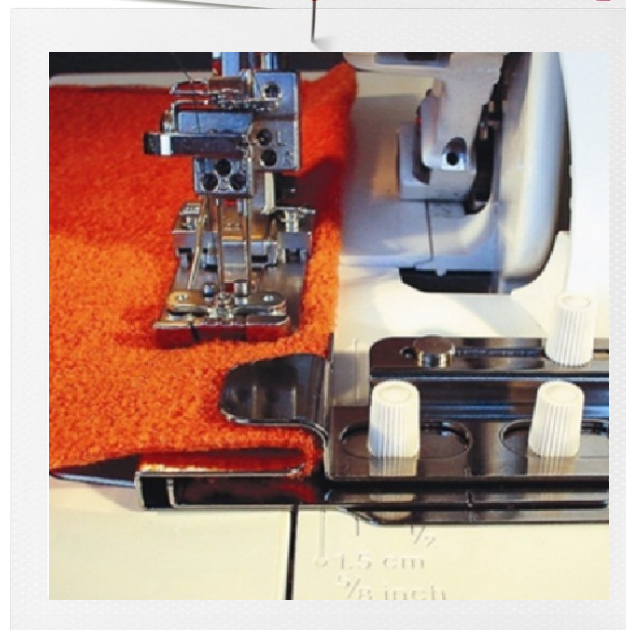
Attach the hem guide to the serger following the instructions included with the guide.

Step 2

Fold the fabric edge to the wrong side using a hem allowance of $\frac{5}{8}$ " to 1"; adjust the hem guide for the hem depth selected.

Step 3

Stitch the hem, keeping the fold against the guide.



The BERNINA Cover Stitch Hem Guide assures perfect placement of the upper hem edge so the cover stitch sews over the raw edge on the wrong side of the hem. This guide accommodates hems with allowances of $\frac{5}{8}$ " to 1" and works with both knit and woven fabrics.

Serger/Overlocker Rolled Hem

This narrow inconspicuous edge finish is great for scarves, napkins, lingerie, blouses, ruffles, and evening wear made of sheer, soft fabrics.

Machine Settings

- BERNINA serger set for a 3-thread rolled hem using the right needle (see owner's manual for specific settings).

Step 1

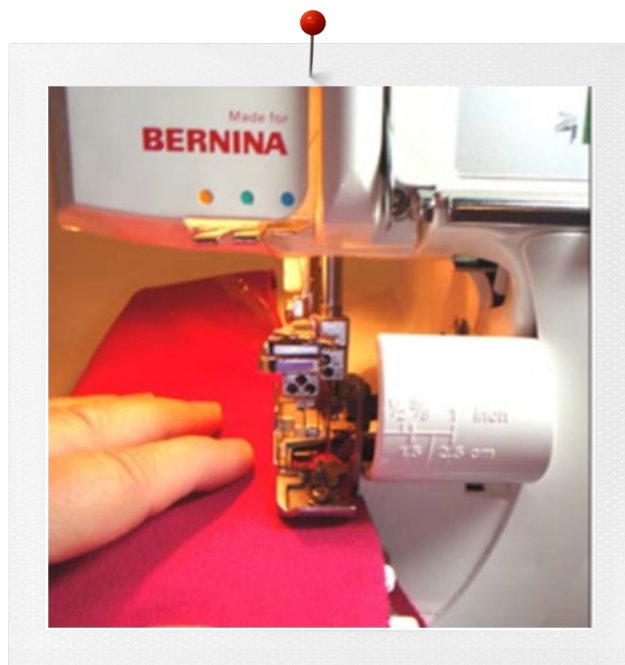
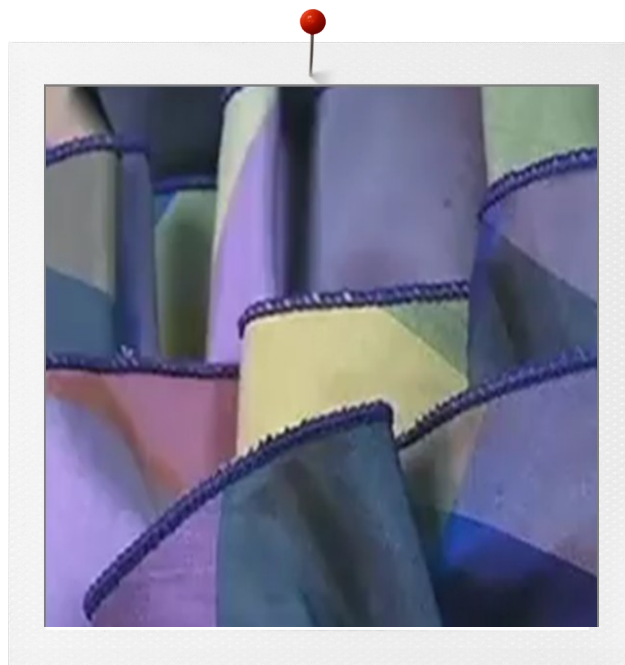
Thread the serger for a 3-thread rolled hem, adjusting the tensions as directed in your user manual. Generally, the needle tension will be normal, the upper looper tension will be loose, and the lower tension will be tight. Sew a sample on fabric scraps to decide if the resulting rolled edge looks the way you want it to. Adjust the settings as needed. Different fabric types and weights may require different tension adjustments for the perfect rolled edge.

Step 2

Hem the desired edge, trimming the edge slightly. If hemming a circular project, overlap the stitches at the beginning and end of stitching, then secure the stitches with seam sealant.

Tips

- Spray starch the fabric edge to add body, making it easier to roll.
- Trim fabric slightly while serging so the edge is clean for rolling.
- If fabric is not rolling, check the cutting width. Cutting off too much will not allow the fabric to roll (move to a higher number).
- Place hand lightly next to the foot to keep fabric from falling away from the needle after passing the knife.



Serger/Overlocker Banded Hem

This mock band is a quick way to create a banded hem for a finished look to blouses, sleeves, children's clothing, casual women's clothing, etc. It starts with a clever fold and ends with a neatly finished band.

Machine Settings

- BERNINA serger set for a 3- or 4-thread balanced overlock stitch (see owner's manual for specific settings).

Step 1

Determine the desired finished depth of the mock band and add one seam allowance (including any excess that will be cut away as part of the stitching process).

Step 2

Using the measurement from the previous step, fold this amount to the wrong side of the fabric; pin to secure.

Step 3

Lay garment *wrong* side up on bed of machine. Fold hem under to the right side of fabric, aligning the lower raw edge of fabric to the fold. *Note: This is similar to the fold used for the blind hem but with no fabric edge extending beyond the fold.*

Step 4

Serge the layers together, trimming the fold in the process. Press the band down.

Contrasting Band

A variation of the mock banded hem is to add an actual band using a contrasting fabric. Cut a strip twice the desired finished size of band plus two seam allowances (including amount trimmed from edge). Fold the strip in half lengthwise and press. Position the folded strip along the edge to be hemmed and serge it in place. Press the band down.

