

**BERNINA<sup>+</sup>**

# *My* **BERNINA** Sergers Workbook 1



## **Basic Serger Use**

For all current BERNINA sergers  
except the 009DCC

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**1150MDA**



**800DL**

**700D**

## Basic Serger Use

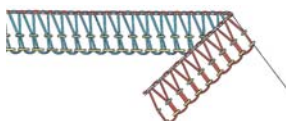
The information in this workbook applies to the current line of BERNINA Sergers. *Note: Some exercises apply only to certain models equipped with the feature being highlighted.*



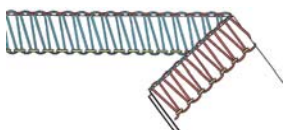
**1300MDC**

Congratulations on the purchase of your new BERNINA serger. The information in this workbook will help you learn the basics of using your new piece of sewing equipment. Even though it is very different from your sewing machine, once you learn to incorporate serging techniques into your sewing, you'll wonder how you ever got along without it.

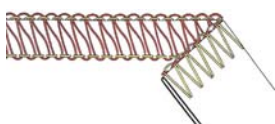
Sometimes called the microwave of sewing, your serger will speed your sewing in several ways, letting you produce more in less time. The speed of the serger is faster than a sewing machine and because it performs several operations (trimming, seaming, and overcasting) at the same time, you sew faster, and in the process, produce neater and more professional-looking results.



4-thread Balanced



3-thread Balanced

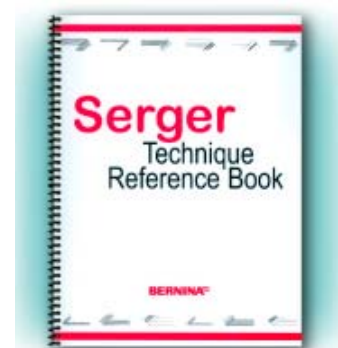


2-thread Balanced

Because the serger is a specialized piece of equipment, it only “sews” a limited number of techniques and even though the workings are more complex than a sewing machine, it doesn't take long to learn the basics. The stitching exercises in this workbook use four, three, and two thread stitch formations.

Once you have completed the exercises designated for your BERNINA overlock machine, attach the sewn samples to the indicated pages and insert the pages into plastic page protectors and store them in a 3-ring binder. They can then be used as a reference tool in the future as you use your serger and explore the creative possibilities it affords you.

BERNINA of America, Inc. strives to provide its customers with quality sewing and overlock machines, and also with informative publications and classes. Along with providing My BERNINA Classes, your local BERNINA dealer stocks BERNINA books and magazines, such as *Feet-ures*, *Serger Technique Reference Guide*, *Through the Needle* Online magazine and the BERNINA of America website: [www.berninausa.com](http://www.berninausa.com).



Each BERNINA serger is identified by a model number followed by a series of letters. These letters indicate special features for that particular model.

Current BERNINA models:

1300MDC

1150MDA

800DL

700D

009DCC

### Overlock Model Name

Example: **1300 MDC**

↓                      ↓  
Model Number    Special Features

**A** = Automatic Needle Threader

**C** = Coverstitch / Chainstitch

**D** = Differential

**L** = Looper Threading Device

**M** = Micro Thread Control

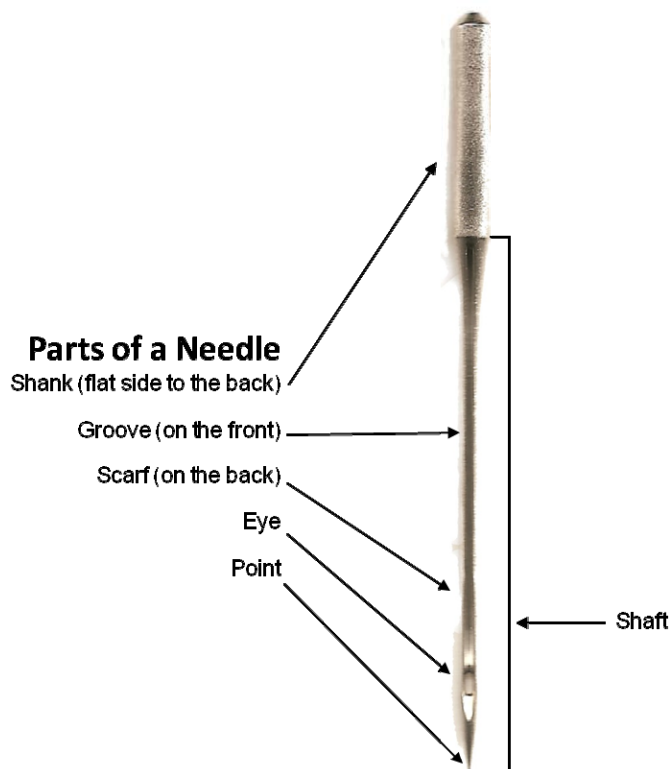
## Serger Needles

BERNINA sergers use the same type of needle as most sewing machines: 130/705H. *Note: An exception to this is the JLx2 needles that can help perfect the cover stitch on models 1300 MDC and 009DCC.*

Use size 80/12 or 90/14 needle in your serger; larger needles can interfere with looper movement and cause damage; smaller needles may not form the stitches correctly.

Always make sure needles are fully inserted as high as possible, with the flat side to the back.

When using both the right needle and the left needle, the needles will not be even when they are fully inserted. The left needle will be slightly higher than the right one.



## Serger Thread

Serger threads are usually polyester and are finer (lighter weight) than many sewing machine threads to avoid thread build-up and excessive bulk in seams. It is important that serger thread is smooth without variations in diameter as it needs to feed smoothly through many thread guides for good stitch formation. You also want a good-quality thread – such as Mettler Metrocor – that is not “fuzzy” and does not leave excessive lint in the lower part of your overlock machine. Serger threads are sold on cones for economy and convenience; regular spools of thread may be used but will not last very long when forming serger stitches. Along with serger thread, there are applications that call for specialty and decorative threads. Listed below are some of these threads commonly used in the serger:

Texturized Nylon Thread – such as YLI Woolly Nylon and Mettler Metroflock – a very elastic thread with excellent coverage; perfect for rolled edges and knit seams. Available in solid and variegated colors, and metallics.

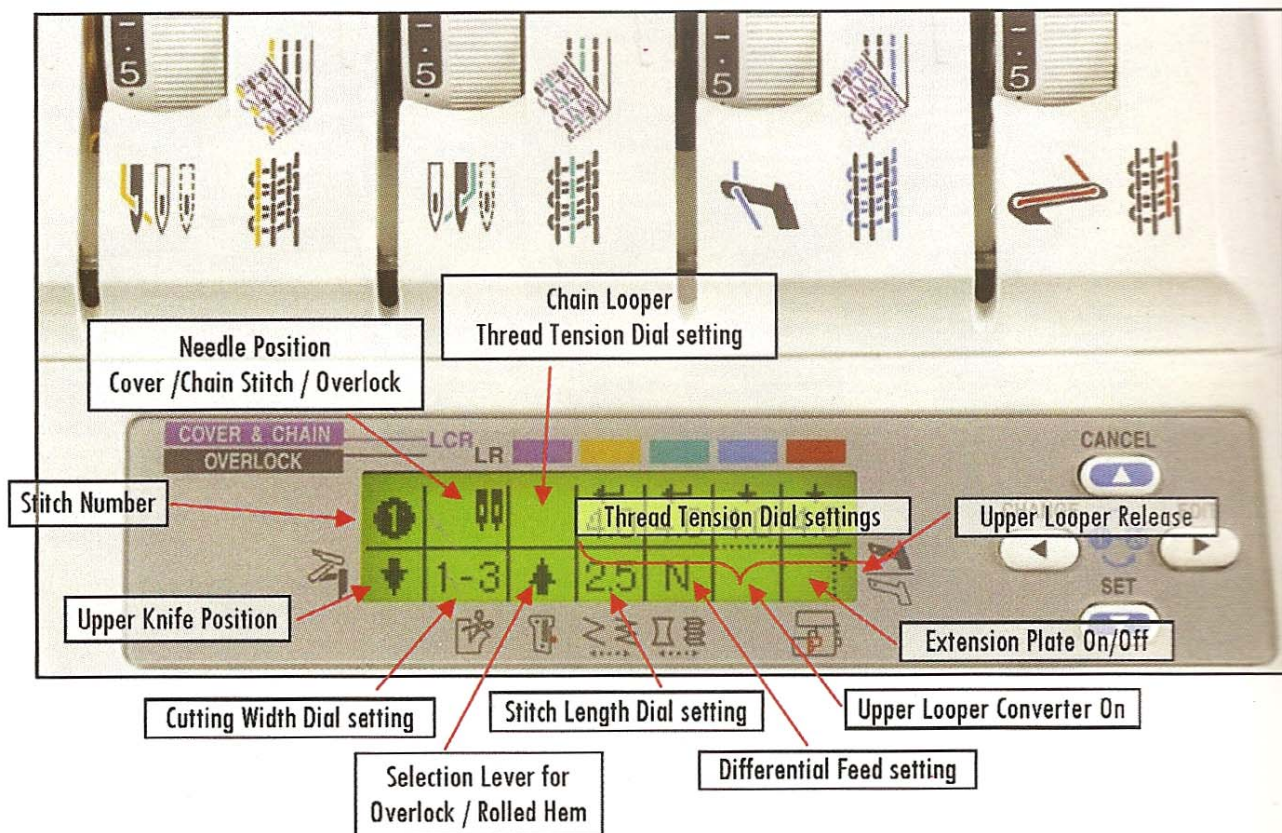
Polyester Topstitching Thread – such as YLI Jeans Stitch & Mettler Cordonnet – this heavy thread is used for decorative stitching (flatlocked seams and overcast edges). Also nice for cover and chain stitching. Available in solid and variegated colors.

Rayon Decorative Threads – such as YLI Pearl Crown Rayon & YLI Designer 6 – shiny threads for decorative applications. Pearl Crown Rayon is twisted, while Designer 6 is untwisted. Available in solid and variegated colors.

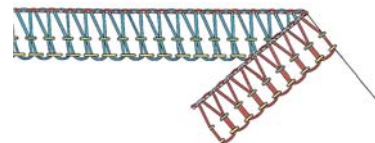
Metallic Decorative Threads – such as YLI Candlelight – adds a bit of glitz to seams and edgings.

Decorative Sewing Threads – sewing machine threads can also be used in the serger, and are particularly effective when several are used together as one thread.





**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of serger thread (blue, red, green, yellow)  
**Presser Foot:** Standard  
**Stitch:** 4-thread overlock



Thread the serger for a 4 thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

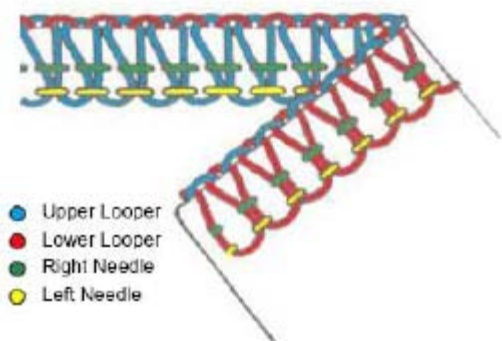
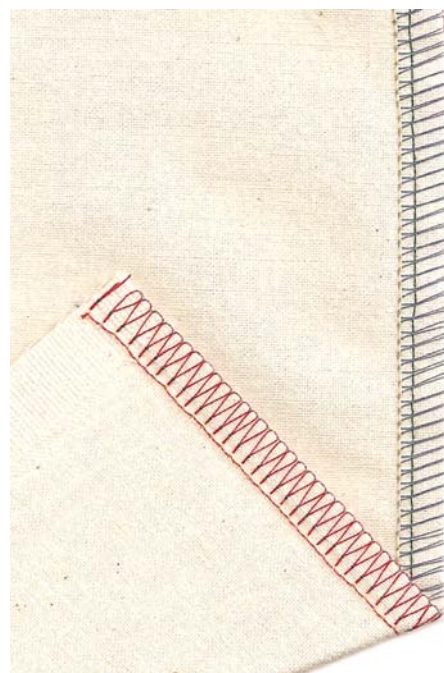
Fold the fabric in half to 3" x 6".

To begin stitching, lift the front of the presser foot with your right thumb and slide the fabric under the presser foot. Release the tip of the presser foot and begin serging, trimming the fold away.

Serge to the end of the fabric. Continue stitching off the fabric until you have a 3"- 4" thread chain. Cut thread chain.

Examine the serger stitch formation:

- Blue: Loops should extend to the edge of the fabric, interlocking with the red loops of the lower looper.
- Red: Loops should extend to the edge of the fabric, interlocking with the blue loops of the upper looper.
- Yellow: Needle stitches should appear along the inside edge of the stitch as straight stitches or tiny "dots" of thread.
- Green: Needle stitches should appear as a line of straight stitching running through the middle of the serger stitching

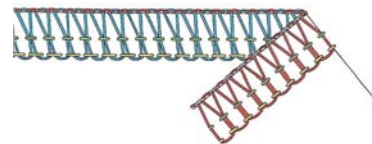


### Suggested Settings

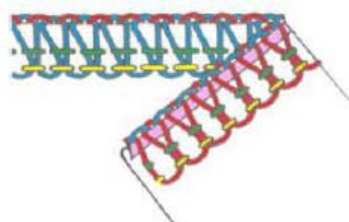
Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle .....	3-5
Right Needle.....	3-5
Stitch Length.....	2.5
Cutting Width .....	2-3
Differential Feed .....	N

See the following page for tension adjustment information. Make any necessary tension adjustments and serge another row of stitching.





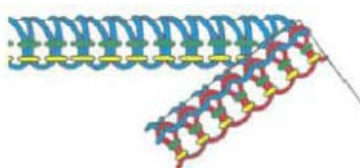
Examine your 4-thread sample. The illustrations below show examples of unbalanced stitches and how to correct the settings to balance the stitch. When making corrections in the tension settings, increase or decrease the settings as needed, moving the dial  $\frac{1}{2}$  to 1 number at a time. Stitch a seam using the new settings and then evaluate the new stitch. Continue in this manner until the stitch is balanced.



### Upper and Lower Loopers - Tight Tension

*Unbalanced:* The looper threads “bite” into the edge of the fabric and/or the seam allowance is folded or “scrunched” in the stitch.

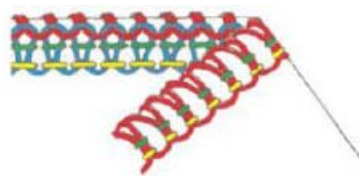
*Correction:* Decrease (lower number) one or both looper tensions until the seam allowance is flat and loopers meet at the edge. *Note: This problem might also result from an incorrect cutting width setting; see page 9 for more information.*



### Upper Looper - Loose Tension

*Unbalanced:* The looper threads are not at the edge of the fabric. Upper looper thread is visible on the back of the fabric and the looper threads are very loose.

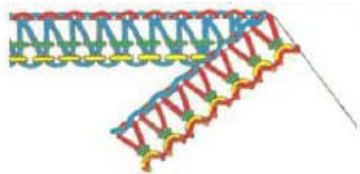
*Correction:* Make sure the thread is seated in the tension guides. If it is, tighten the upper looper thread (higher number).



### Lower Looper - Loose Tension

*Unbalanced:* The looper thread does not lock on the edge of the fabric and is visible on the face of the fabric and the looper threads are very loose.

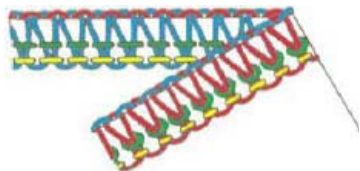
*Correction:* Make sure the thread is seated in the tension guides. If it is, tighten the lower looper thread (higher number).



### Left Needle - Loose Tension

*Unbalanced:* The yellow needle thread forms loops on the underside of the fabric. The seam is not secure and the yellow thread may show in the seam line.

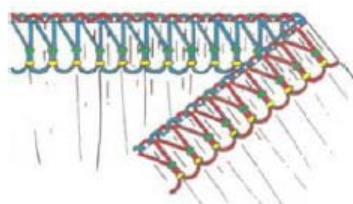
*Correction:* Make sure the yellow thread is seated in the tension guide. If it is, tighten the left needle thread (higher number).



### Right Needle - Loose Tension

*Unbalanced:* The green needle thread forms loops on the underside of the fabric.

*Correction:* Make sure the green thread is seated in the tension guide. If it is, tighten the right needle thread (higher number).

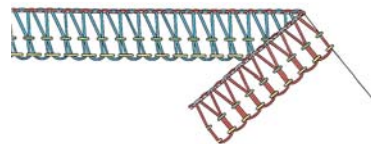


### Right and Left Needles - Tight Tension

*Unbalanced:* The green and yellow needle threads are pulled snugly, causing puckers in the fabric at the seam line.

*Correction:* Make sure the threads are seated in the tension guides or have not double wrapped around a threading guide. If they are, unwrap or loosen appropriate needle tension (lower number).

**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of serger thread (blue, red, green, yellow)  
**Presser Foot:** Standard  
**Stitch:** 4-thread overlock



Divide the fabric into 4 equal sections along one side, finger-press the folds to form creases.

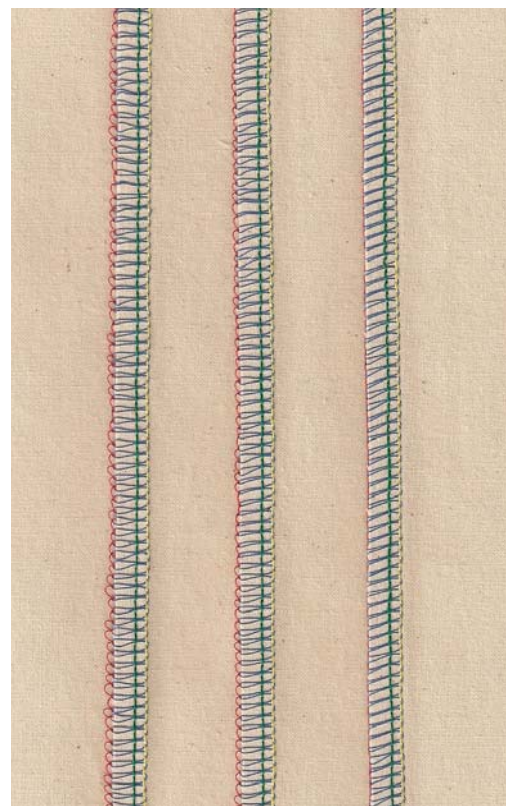
Thread the serger for a 4-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

Set the *mtc* lever to the maximum setting, serge on the first fold.

Move the *mtc* lever to the normal setting, serge on the second fold.

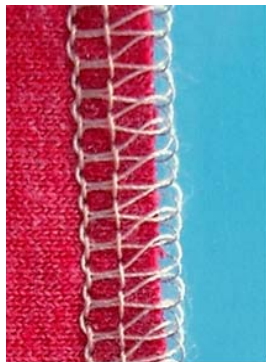
Move the *mtc* lever to the minimum setting, serge on the third fold.

Mark the sample:  
*mtc* - maximum  
*mtc* - normal  
*mtc* - minimum

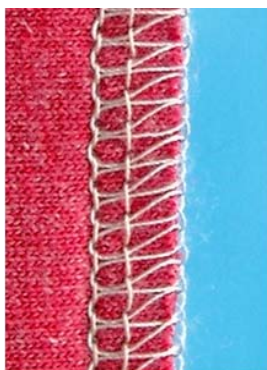


maximum    normal    minimum

*Note: the mtc function is a fast and easy way to make the stitch formation look perfect without having to adjust multiple thread tensions until you get it right. Different fabrics and threads will affect the formation of the stitch so the mtc setting may vary from fabric to fabric.*



*before mtc adjustment*

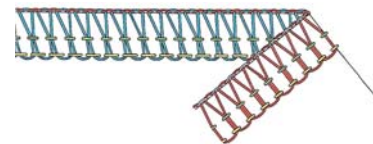


*after mtc adjustment*

### Suggested Settings

Upper Looper .....	3-5
Lower Looper .....	3-5
Left Needle .....	3-5
Right Needle .....	3-5
Stitch Length .....	2.5
Cutting Width .....	2-3
Differential Feed .....	N





**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of serger thread (blue, red, green, yellow)  
**Presser Foot:** Standard  
**Stitch:** 4-thread overlock

Fold fabric in half to 3" x 6".

Using a fabric marker, divide the fabric into four equal sections along the folded edge.

Thread the serger for a 4-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

Set the cutting width and the differential at their normal settings.

Adjust the stitch length to 4mm. Serge to the first mark along the folded edge, trimming the fold slightly.

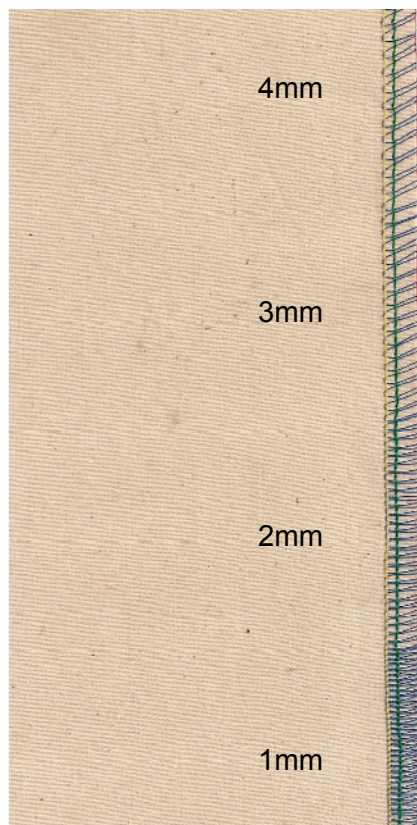
Adjust the stitch length to 3mm and serge to the second mark.

Adjust the stitch length to 2mm and serge to the third mark.

Adjust the stitch length to 1mm and serge to the end.

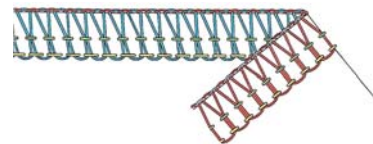
Mark the stitch length settings on the fabric sample.

Return stitch length to its normal setting, 2.5mm.



### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle .....	3-5
Right Needle .....	3-5
Stitch Length .....	varies
Cutting Width .....	2-3
Differential Feed .....	N



**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of serger thread (blue, red, green, yellow)  
**Presser Foot:** Standard  
**Stitch:** 4-thread overlock

Fold the fabric in half to 3" x 6".

Divide and mark the fabric into three equal sections along the folded edge.

Thread the serger for a 4-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

Rotate the upper knife up. Adjust cutting width to the widest setting. Rotate the upper knife down into cutting position.

Serge to the first mark on the fabric, stopping when the knife edge is on the mark.

Adjust cutting width to a mid-range setting and serge to the second mark.

Adjust the cutting width to lowest setting and serge to the end of the fabric.

Mark the cutting width settings on the sample.

Rotate the upper knife up. Return the cutting width to its normal setting. Rotate the upper knife down into cutting position.

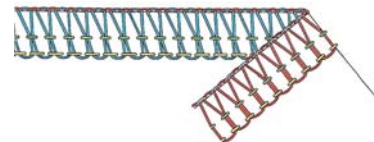


### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle .....	3-5
Right Needle.....	3-5
Stitch Length.....	2.5
Cutting Width .....	varies
Differential Feed .....	N

# My **BERNINA** Differential Feed: Stretchy Fabrics

## Serger Workbook



**Fabric:** Knit ribbing, three pieces, 3" x 6" each  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of serger thread (blue, red, green, yellow)  
**Presser Foot:** Standard  
**Stitch:** 4-thread overlock

Thread the serger for a 4-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

Set the cutting width as needed and set the stitch length to 2.5mm.

With differential set at N, serge two of the ribbing pieces together along one 6" edge. If the fabric is stretchy enough you will have a wavy edge.

Adjust the differential to 2.0. Stitch along the 6" side, serging the remaining ribbing to the other side of the piece, trimming slightly. With differential at a higher setting, the wavy edge should be eliminated.

Mark the differential settings on the fabric sample.

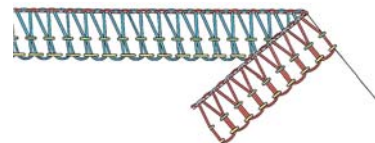
Return the differential feed setting to N (normal).



### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle .....	3-5
Right Needle .....	3-5
Stitch Length .....	2.5
Cutting Width .....	2-3
Differential Feed .....	varies





**Fabric:** Lightweight, soft fabric, 4" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of serger thread (blue, red, green, yellow)  
**Presser Foot:** Standard  
**Stitch:** 4-thread overlock

Thread the serger for a 4-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

With differential set at N, serge on one 6" edge. If fabric is lightweight enough you will have a puckered edge.

Adjust the differential to 0.7. Serge along the other 6" edge, trimming slightly. With a low differential setting, the puckered edge should be eliminated.

Mark the differential settings on the fabric sample.

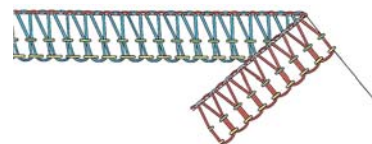
Return the differential feed setting to N (normal).



0.7mm

### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle .....	3-5
Right Needle.....	3-5
Stitch Length.....	2.5
Cutting Width .....	2-3
Differential Feed .....	varies



**Fabric:** Lightweight fabric, 6" x 12"  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of serger thread (blue, red, green, yellow)  
**Presser Foot:** Standard  
**Stitch:** 4-thread overlock

Using a fabric marker, divide the fabric into 3 equal sections along the 12" side.

Thread the serger for a 4-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

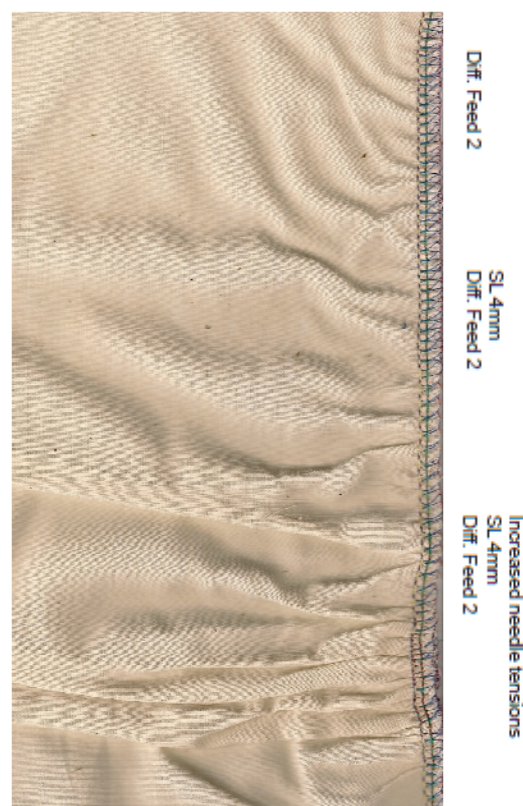
Turn the differential feed dial to 2. Serge to the first mark.

Adjust stitch length to 4mm and serge to the second mark.

Move the thread tension levers up to 8 to increase both needle thread tensions. Serge to the end of the fabric.

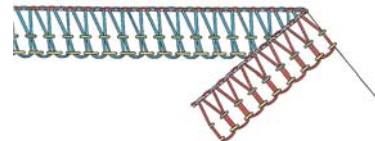
Return the differential feed to "N" (normal) and the stitch length to 2.5 (normal).

Move the thread tension levers to return tensions to normal (3-5).



### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle .....	3-8
Right Needle .....	3-8
Stitch Length .....	varies
Cutting Width .....	2-3
Differential Feed .....	varies



**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of serger thread (blue, red, green, yellow)  
**Presser Foot:** Standard  
**Stitch:** 4-thread overlock

Thread the serger for a 4-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

Fold fabric in half to 3" x "6" and place under the presser foot.

Take 2-3 stitches on the fabric. Lower the needles into the fabric. Raise the presser foot and with your left hand gently pull the thread chain around the needles to the knife.

Lower the presser foot and continue serging (cutting off the excess thread chain) until you are one stitch off the end of the fabric.

Locate the Stitch Selection lever on the right side of the cloth plate; pull it towards you, releasing the thread chain from the stitch tongue.

Raise the presser foot and carefully flip the fabric over so that the lower looper side of the previously serged seam will be overstitched.

Place the fabric under the presser foot so that the first stitch will enter the fabric when you begin stitching.

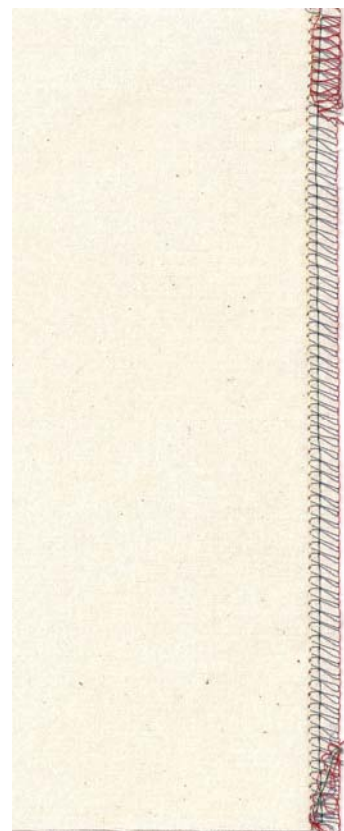
Slide the Stitch Selection lever towards the body of the serger.

Serge for about 1", over stitching the previous stitching. Guide the fabric so as not to cut the previous stitching. *Optional: Rotate upper knife up.*

Raise the toe of the presser foot and rotate the fabric 90° clockwise.

Serge off the edge of the fabric.

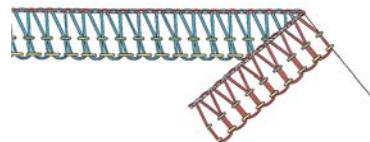
If the upper knife is up, rotate it down into the cutting position.



### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle .....	3-5
Right Needle.....	3-5
Stitch Length.....	2.5
Cutting Width .....	2-3
Differential Feed .....	N





**Fabric:** Two pieces cotton interlock fabric, 3" x 6" each and  
Twill tape, 8"

**Needle:** 80/12 Universal

**Thread:** 4 cones of serger thread (blue, red, green, yellow)

**Presser Foot:** Standard

**Stitch:** 4-thread overlock

Thread the serger for a 4-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings as indicated below.

Locate the tape guide on the presser foot.

Using the small screwdriver from the accessory pouch, loosen the fixing screw and slide the tape guide all the way to the left. Snug the screw.

Slip the twill tape or ribbon into the slot on the presser foot.

Lower the presser foot and sink the needles into the tape or ribbon; start stitching on the tape only.

Loosen the fixing screw and adjust the tape guide to the width of the tape or ribbon; pull to the back of the foot. Retighten the screw.

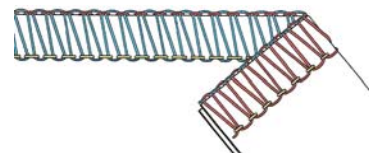
Place the fabric pieces right sides together. Slip the fabric under the foot and seam along the 6" side, catching the tape or ribbon in the serged edge.

Remove the fabric from under the presser foot and examine the seam. It will not stretch; the tape or ribbon has stabilized the seam.



### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle.....	3-5
Right Needle .....	3-5
Stitch Length .....	2.5
Cutting Width .....	2-3
Differential Feed .....	N



**Fabric:** Firm fabric, 8" x 6"

**Needle:** 80/12 Universal

**Thread:** 4 cones of serger thread (red, blue, green, for narrow and red, blue, yellow for wide)

**Presser Foot:** Standard

**Stitch:** 3-thread overlock

### Wide Balanced Stitch

Using the small screwdriver and brush/needle insertion tool, remove the right needle. Snug the needle set screw after removing the needle.

Thread the serger for a *wide* 3-thread overlock stitch using the LEFT needle and thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings for a balanced stitch as indicated below.

Fold fabric in half to be 4"x 6". Serge along the folded edge of the fabric, trimming slightly to remove the fold.

### Narrow Balanced Stitch

Using the small screwdriver and brush/needle insertion tool, loosen the right needle screw and insert the right needle. *Hint: Place the point of the needle directly above the right needle space of the presser foot, then lift the needle up to place the shank in the correct hole. Tighten the right needle screw.*

Remove the left needle. Tighten the needle set screw after removing the left needle.

Thread the serger for a 3-thread *narrow* stitch using the RIGHT needle and thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings for a balanced stitch as indicated below.

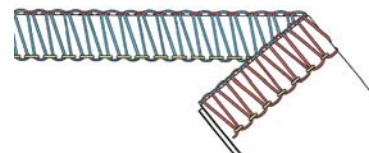
Serge along the raw edges opposite the wide balanced stitch.



### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle (for wide stitch) .....	3-5
Right Needle (for narrow stitch).....	3-5
Stitch Length.....	2.5
Cutting Width .....	2-3
Differential Feed .....	N

**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 3 cones of serger thread (blue, red, green)  
**Presser Foot:** Standard  
**Stitch:** 3-thread overlock



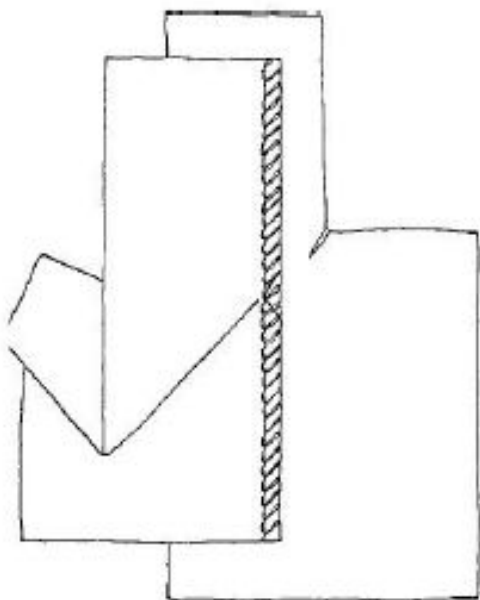
Using the small screwdriver and brush/needle insertion tool, remove the left needle. Snug the needle set screw after removing the needle.

Thread the serger for a *narrow* 3-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings for a balanced stitch as indicated below.

### Inside Corner

*This technique works well for continuous plackets on sleeves and back neck openings.*

- Cut an inside corner into the fabric.
- Snip into the corner ¼" (the width of the stitching).
- Serge until the knife reaches the end of the cut.
- Use the handwheel to lower the needle into the fabric.
- Lift the presser foot and straighten the corner towards you.
- Lower the presser foot; continue serging.

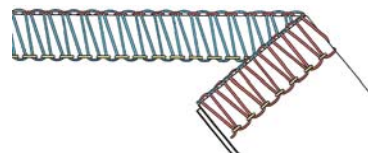


### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	3-5
Left Needle .....	N/A
Right Needle .....	3-5
Stitch Length.....	2.5
Cutting Width .....	2-3
Differential Feed .....	N



**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 3 cones of serger thread (blue, red, green)  
**Presser Foot:** Standard  
**Stitch:** 3-thread overlock



Using the small screwdriver and brush/needle insertion tool, remove the left needle. Snug the needle set screw after removing the needle.

Thread the serger for a *narrow* 3-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings for a balanced stitch as indicated below.

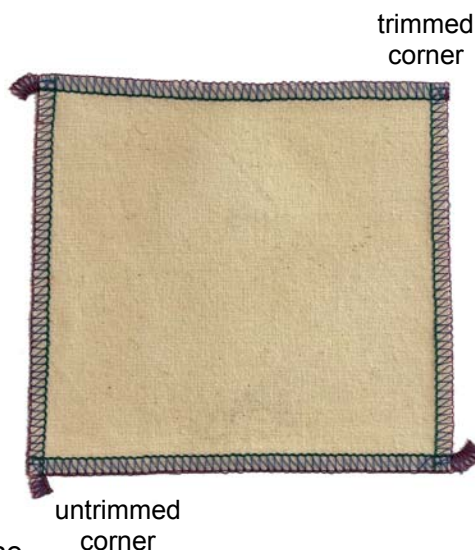
### Outside Corner

#### OPTION I

- Serge one edge of the fabric, stitching off the end of the fabric. Trim the thread tail.
- Continue serging around the square, crossing over previous stitching.
- Use a seam sealant on the untrimmed thread tails (or use a tapestry needle to weave the thread tail back through the stitching). When the seam sealant is dry, trim the thread tails.

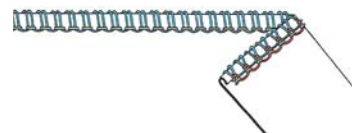
#### OPTION II

- Beginning at one corner, serge (trimming *very slightly* as you sew) to the end of the fabric. Take one stitch off the end of the fabric.
- Locate the Stitch Selection lever on the stitch plate and pull it toward you. This will free the thread from the stitch finger.
- Lift the presser foot and carefully pivot the fabric 90° & } clockwise.
- Return the Stitch Selection lever to normal (away from you).
- Place the needle one stitch into the fabric and lower the presser foot.
- Continue serging until you are one stitch off the next corner.
- Repeat the corner turning procedure and continue serging.



### Suggested Settings

Upper Looper .....	3-5
Lower Looper .....	3-5
Left Needle .....	N/A
Right Needle .....	3-5
Stitch Length .....	2.5
Cutting Width .....	2-3
Differential Feed .....	N



**Fabric:** Medium weight fabric, 4" x 6"

**Needle:** 80/12 Universal

**Thread:** 3 cones of serger thread (blue, red, green)

*Optional: Woolly Nylon thread for upper looper*

**Presser Foot:** Standard

**Stitch:** 3-thread Rolled Hem

Using the small screwdriver and brush/needle insertion tool, remove the left needle. Snug the needle set screw after removing the needle.

Thread the serger for a *narrow* 3-thread overlock stitch using thread colors to match the color-coded threading path on the serger. Adjust all thread tension settings for a rolled edge as indicated below.

Pull the Stitch Selection Lever toward you.

Place the fabric under the presser foot and serge along one 6" edge.

Return stitch length and thread tension levers to normal.

Return the Stitch Selection lever to normal sewing position.

*Optional: Thread the serger for a 3-thread rolled edge (right needle) with Woolly Nylon in the upper looper. Because of the stretch of the Woolly Nylon thread, the tension of the looper may need to be loosened. Serge the edge opposite of the previously stitched rolled edge.*

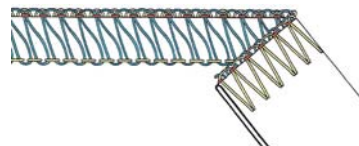


### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	7-9
Left Needle .....	N/A
Right Needle .....	3-5
Stitch Length .....	1-1.5
Cutting Width .....	2-3
Differential Feed .....	N

### 3-Thread Flatlock Stitch

**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 3 cones of serger thread (blue, red, yellow)  
**Presser Foot:** Standard  
**Stitch:** 3-thread Flatlock



Using the small screwdriver and brush/needle insertion tool, remove the right needle. Snug the needle set screw after removing the needle.

Thread serger for a wide 3-thread flatlock stitch. Adjust all thread tension settings as indicated below. *Note: Sample was stitched with regular thread but a heavy thread such as YLI Jeans Stitch or Designer 6 can be used in the upper looper for a more decorative look. When working with heavy decorative threads, loosen the upper looper tension and lengthen the stitch length as needed for the desired look.*

Fold the fabric in half, wrong sides together, to 3" x 6".  
*Optional: Attach the Right Seam Guide to the serger (700D and 800DL will require the Attachment Base). Move the Right Seam Guide halfway between the needle and the stitch finger.*

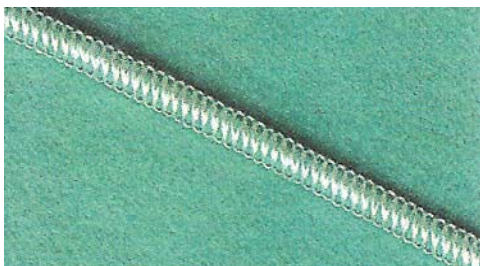
Place the fold under the presser foot. Guide the fabric halfway between the left needle and the right edge of the stitch finger (or against the Right Seam Guide).

Slowly serge the fabric. The looper threads will extend beyond the fabric on the right side of fold. *Decorative Thread Tip: To avoid uneven stitches, tangled threads, hiccups, and other imperfections, always serge slowly when working with decorative threads.*

Gently pull the fabric flat.

Return stitch length and thread tension levers to their normal settings.

*Optional: For a narrow flatlock stitch, reset the serger using the right Needle.*



3-thread Flatlock stitch with Designer 6 thread in the upper looper

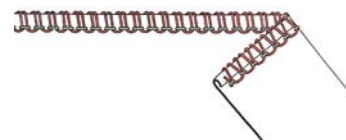


*The needle side of the stitch is called a ladder stitch and can be used as the decorative side if desired.*

#### Suggested Settings

Upper Looper.....	3-5
Lower Looper.....	7-9
Left Needle .....	1-2
Right Needle.....	N/A
Stitch Length.....	2-3
Cutting Width .....	3
Differential Feed .....	N





**Fabric:** Medium weight fabric, 4" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 2 cones of serger thread (red, green)  
**Presser Foot:** Standard  
**Stitch:** 2-thread Rolled Hem  
**Accessory:** Upper Looper Converter

Using the small screwdriver and brush/needle insertion tool, remove the left needle. Snug the needle set screw after removing the needle.

Attach the Upper Looper Converter to the upper looper.  
*Note: This is an optional accessory for the 700D.*

Thread the serger for a 2-thread  $\uparrow \downarrow \uparrow \downarrow$  using thread colors to match the color-coded threading path on the serger.

Adjust all thread tension settings as indicated below.

Pull the Stitch Selection lever toward you.

Place the fabric under the presser foot and serge along one 6" edge, trimming about  $\frac{1}{8}$ " from the raw edge.

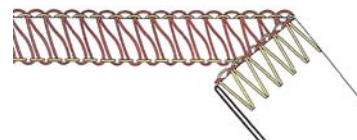
Return stitch length and thread tension levers to normal.

Return the Stitch Selection lever to normal serging position.



### Suggested Settings

Upper Looper .....	Converter
Lower Looper .....	3-5
Left Needle .....	N/A
Right Needle .....	3-5
Stitch Length .....	1-1.8
Cutting Width .....	1-1.5
Differential Feed .....	N



**Fabric:** Firm fabric, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 2 cones of serger thread (red, yellow)  
**Presser Foot:** Standard  
**Stitch:** 2-thread Flatlock  
**Accessory:** Upper Looper Converter

Using the small screwdriver and brush/needle insertion tool, remove the right needle. Tighten the needle set screw after removing the needle.

Attach the Upper Looper Converter to the upper looper.  
*Note: This is an optional accessory for the 700D.*

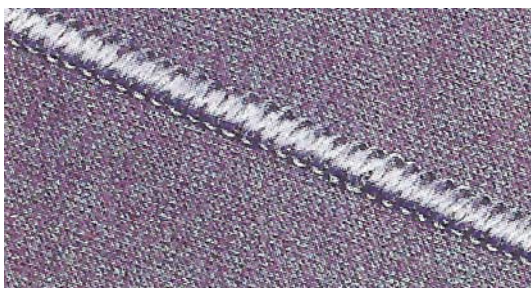
Thread serger for a wide 2-thread flatlock stitch using thread colors to match the color-coded thread paths on the serger. Adjust all thread tension settings as indicated below. *Note: Sample was stitched with regular thread but a heavy thread such as YLI Jeans Stitch or Designer 6 can be used in the lower looper for a more decorative look.*

Fold the fabric in half to 3" x 6" and position it halfway between the left needle and the stitch finger. *Optional: Attach the Right Seam Guide. Move the Right Seam Guide halfway between the needle and the stitch finger.*

Slowly serge the fabric. The looper threads will extend beyond the fabric on the right side of fold. *Decorative Thread Tip: To avoid uneven stitches, tangled threads, hiccups, and other imperfections, always serge slowly when working with decorative threads.*

*Note: Before the fabric is pulled to create the Flatlock stitch, the threads form a 2-thread Balanced Stitch with the threads connecting at the edge of the fabric. This stitch is not strong enough for seaming but can be used as a edge finish for light to medium weight fabrics. Gently pull the fabric flat. Return stitch length and thread tension levers to normal.*

*Optional: For a narrow Flatlock stitch, reset the serger using the right needle only.*



2-thread Flatlock stitch with  
 Designer 6 thread in the lower looper

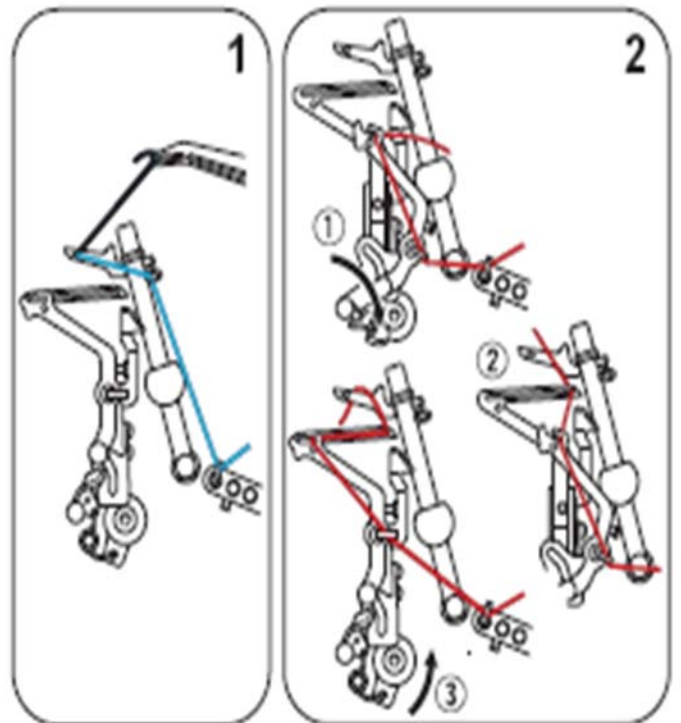
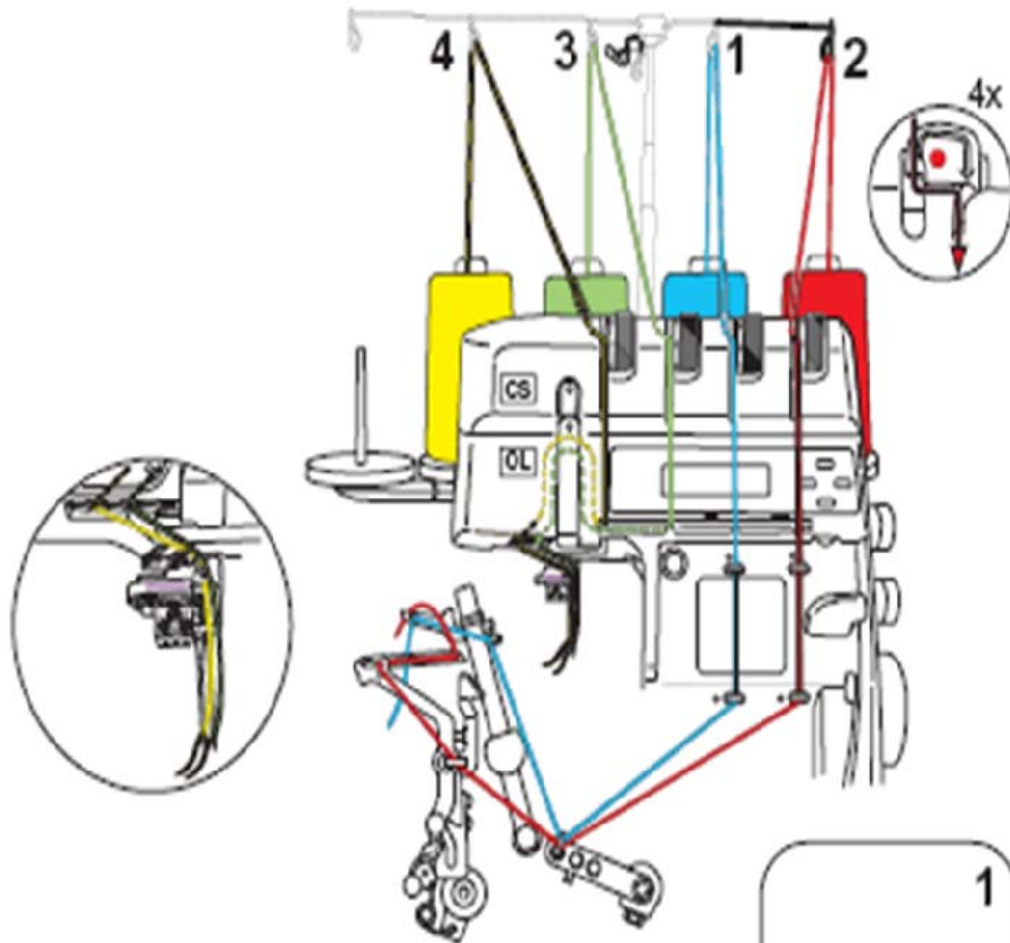
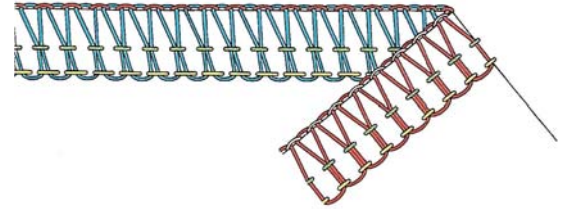


*The needle side of the stitch is called a ladder stitch and can be used as the decorative side if desired.*

### Suggested Settings

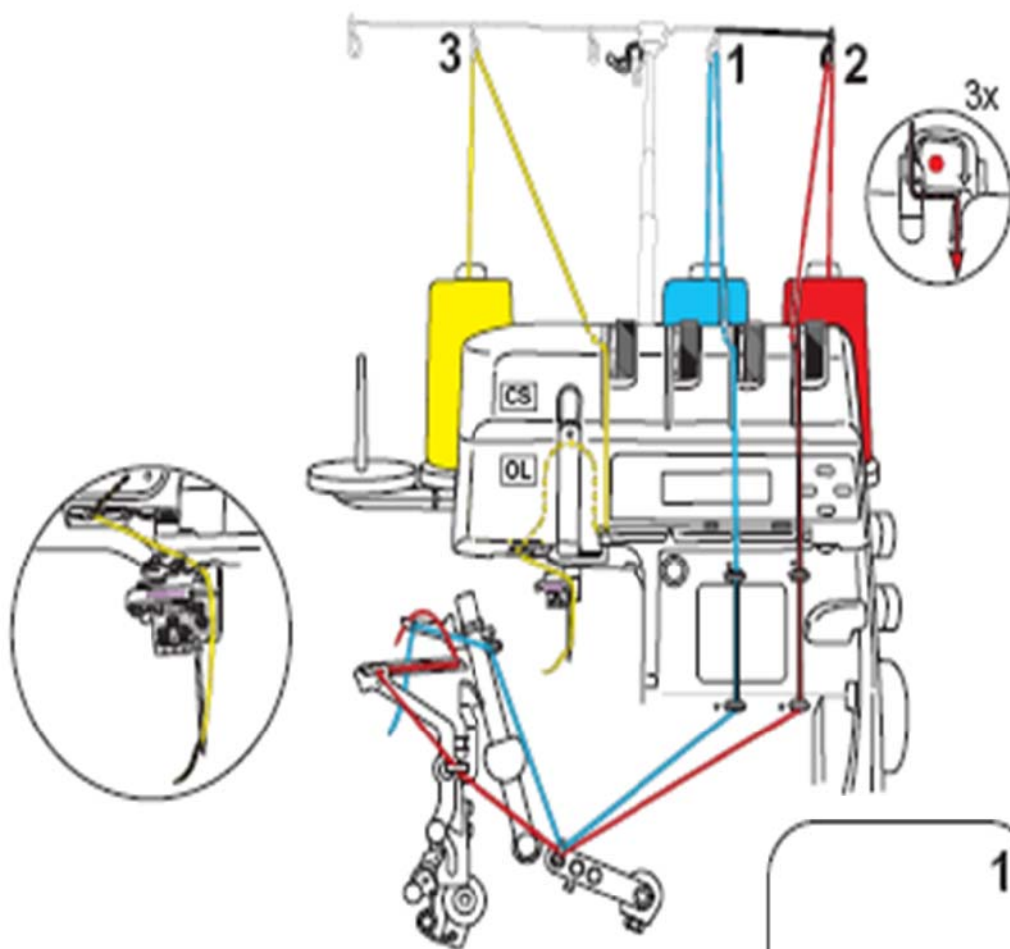
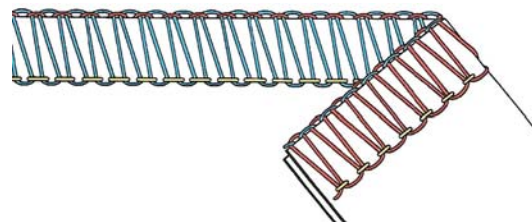
Upper Looper .....	Converter
Lower Looper.....	3-5
Left Needle .....	1-2
Right Needle.....	N/A
Stitch Length.....	2.5
Cutting Width.....	2-3
Differential Feed .....	N

## 4-Thread Balanced Stitch



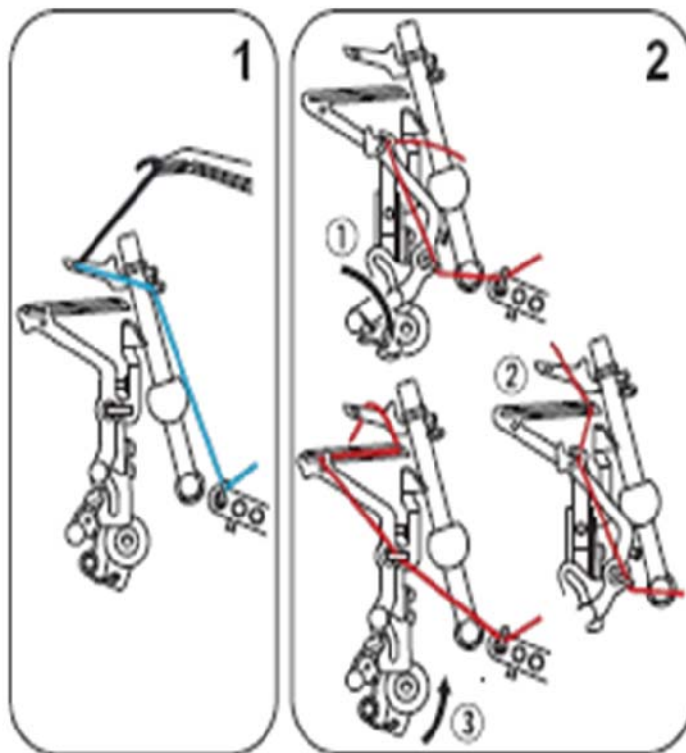


## 3-Thread Wide Balanced Stitch

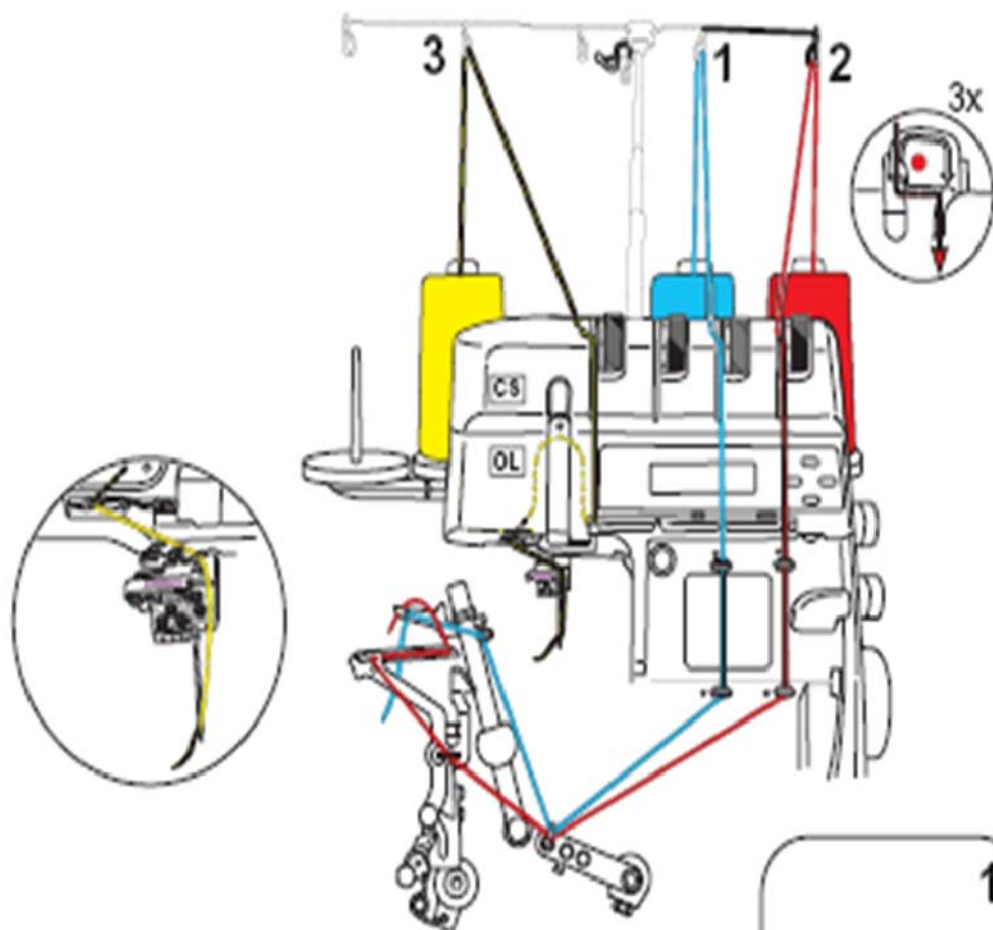
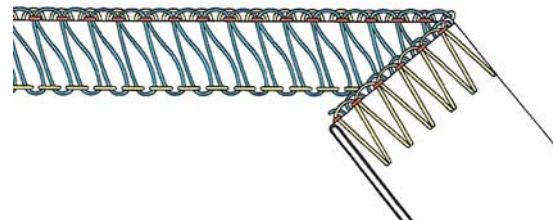


### Narrow 3-thread Overlock Stitch

The diagram above shows threading for a *wide* 3-thread balanced overlock stitch. To thread for a *narrow* 3-thread balanced overlock stitch, simply use the right needle instead of the left and follow the green threading path.

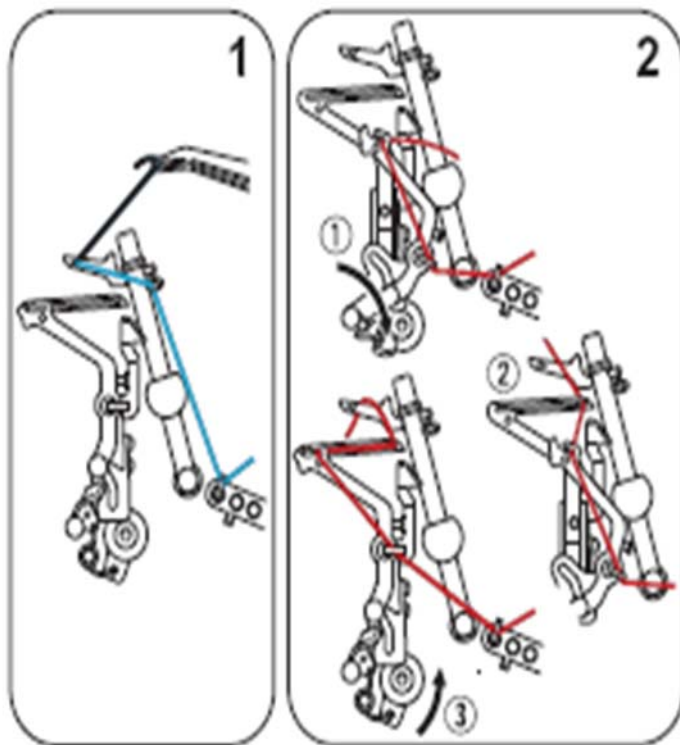


## 3-Thread Wide Flatlock Stitch

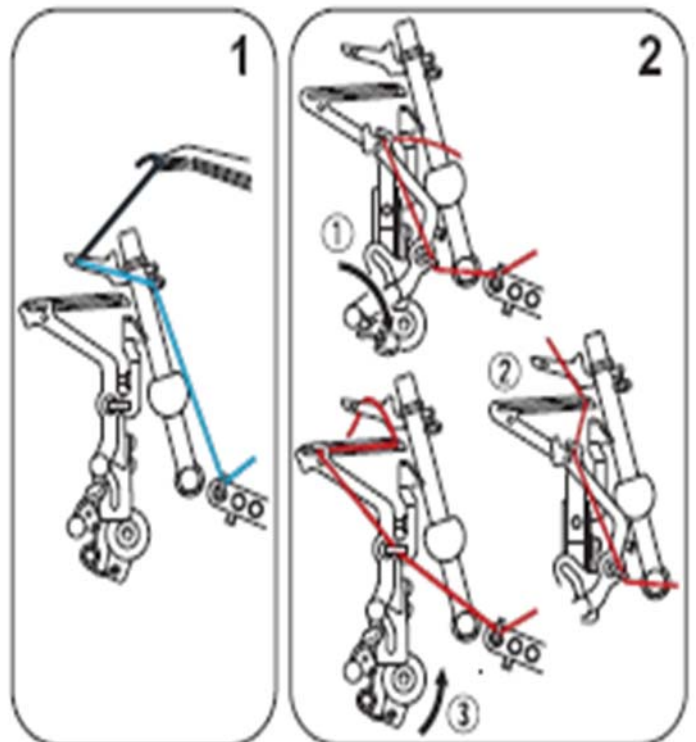
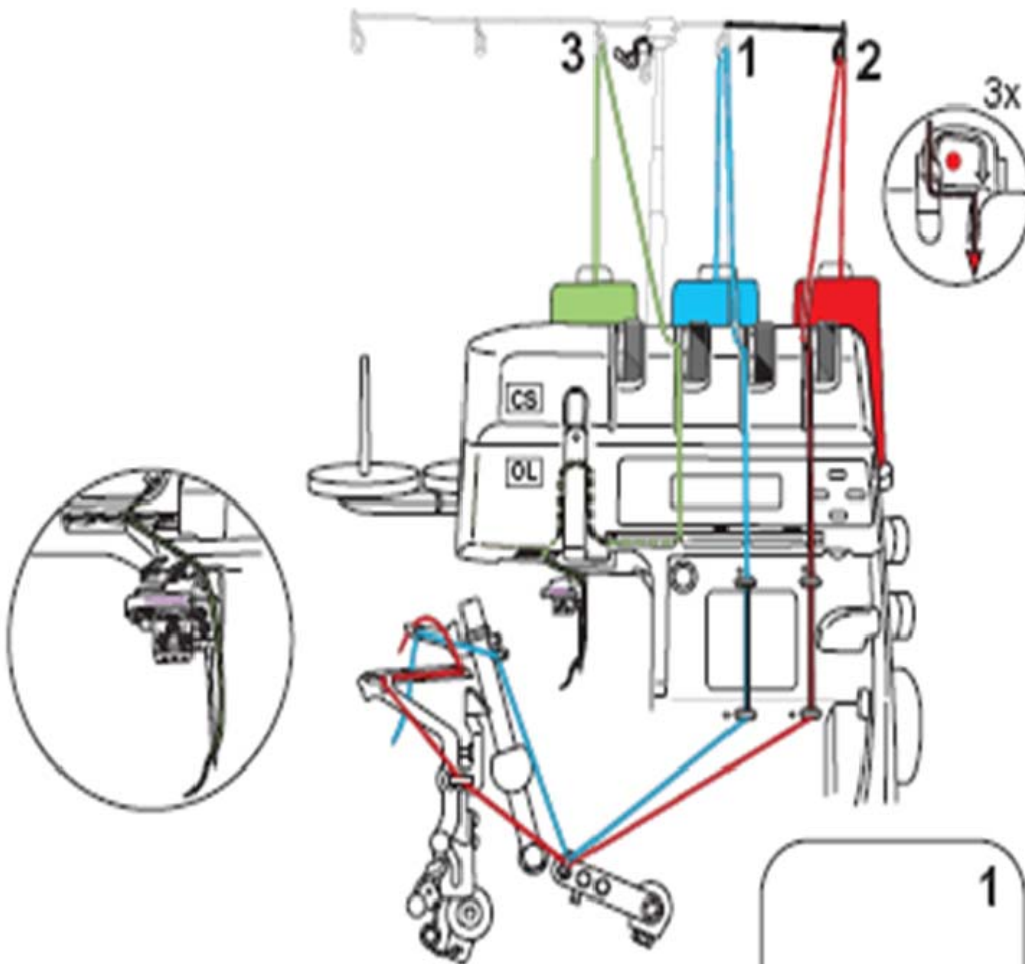
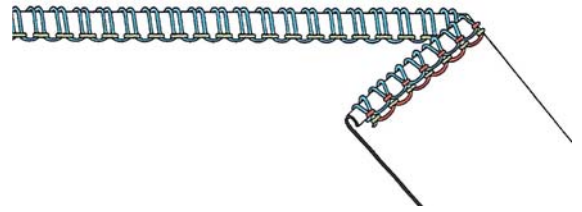


### Narrow 3-thread Flatlock Stitch

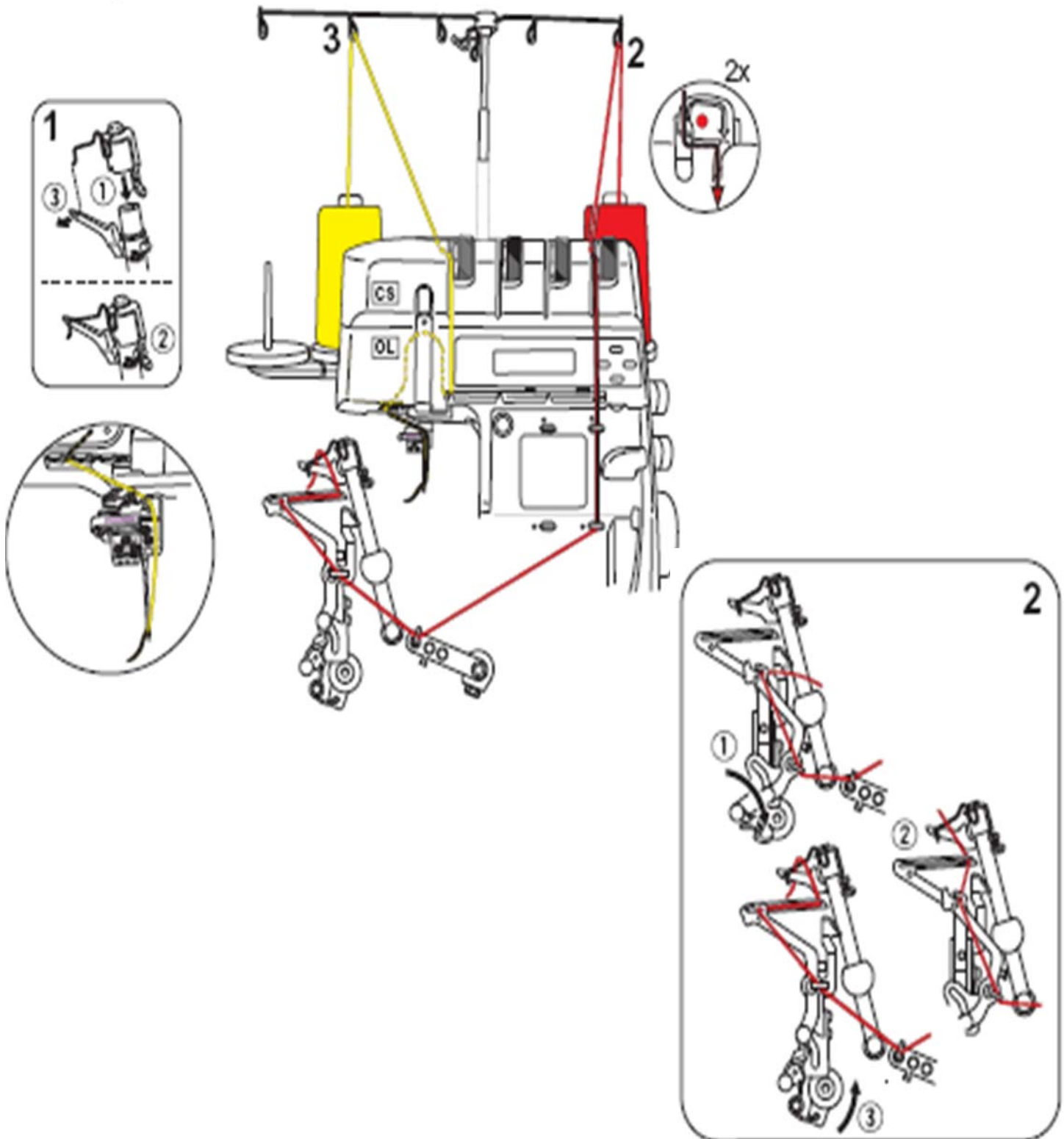
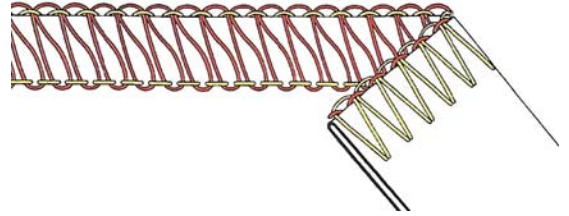
The diagram above shows threading for a *wide* 3-thread flatlock stitch. To thread for a *narrow* 3-thread flatlock stitch, simply use the right needle instead of the left and follow the green threading path.



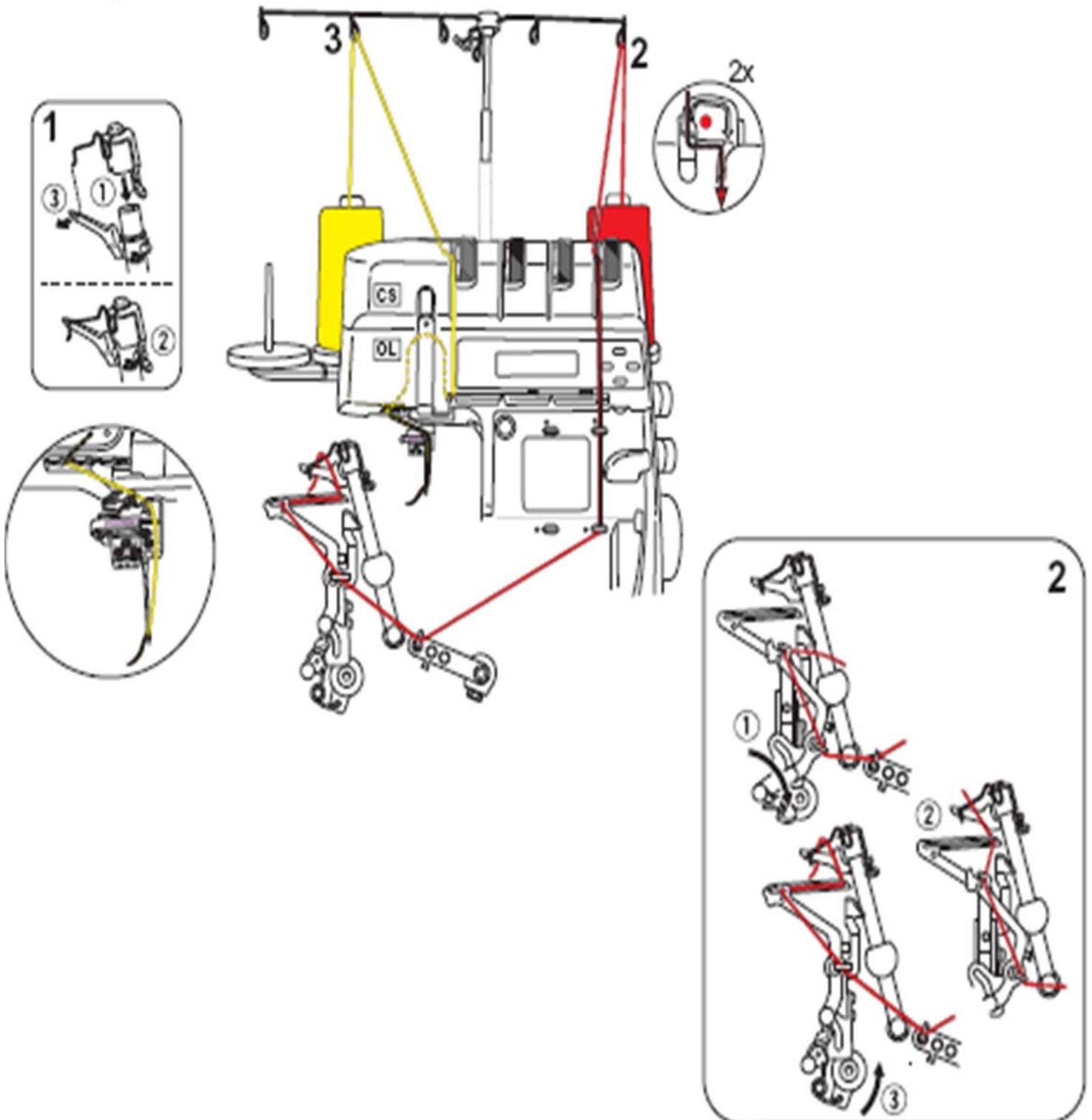
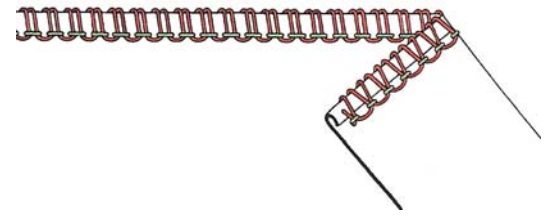
## 3-Thread Rolled Hem







## 2-Thread Rolled Hem



# My **BERNINA** Basic Serger Use Class Supplies

## Serger Workbook 1

The following fabrics, notions, and accessories are needed to complete the exercises in the My BERNINA Serger Workbook 1: Basic Serger Use.

Fabrics				
Qty	Fabric Type	Size	Exercises	Examples
9	Firm fabric	6" x 6"	4-thread Balanced Stitch, pg. 6 Micro Thread Control, pg. 8 Stitch Length, pg. 9 Cutting Width, pg. 10 Securing Serged Seams, pg. 14 Inside Corners, pg. 17 Outside Corners, pg. 18 3-thread Flatlock, pg. 20 2-thread Flatlock, pg. 22	Heavy muslin High-quality quilting cotton Medium weight denim
3	Knit ribbing	3" x 6"	Differential Feed: Stretchy, pg. 11	Rib knit
1	Lightweight, soft fabric	4" x 6"	Differential Feed: Soft, pg. 12	Batiste Gingham Lawn
1	Lightweight, soft fabric	6" x 12"	Differential Feed: Gathering, pg. 13	
2	Cotton interlock	3" x 6"	Presser Foot Tape Guide, pg. 15	T-shirt knit
1	Firm fabric	8" x 6"	3-thread Balanced Stitch, pg. 16	Heavy muslin High-quality quilting cotton Medium weight denim
2	Medium weight fabric	4" x 6"	3-thread Rolled Hem, pg. 19 2-thread Rolled Hem, pg. 21	Broadcloth Chambray
Notions and Accessories				
Notion or Accessory			Exercises	
Standard Serger Presser Foot (included with machine)			For all stitch exercises	
Seam sealant			Securing Stitches, pg. 14	
8" length of twill tape <i>Optional: 8" of narrow clear elastic</i>			Presser Foot Tape Guide, pg. 15	
Upper looper Converter <i>Note: This is included on models 800DL, 1150MDA, and 1300DCC but ia an optional accessory for the 700D.</i>			2-thread Rolled Hem, pg. 21 2-thread Flatlock Stitch, pg. 22	
Needles and Threads				
80/12 Universal (Ballpoint may be used for knit fabrics)			For all stitch exercises	
4 cones of high quality polyester serger thread (red, blue, green, yellow) <i>Optional: 1 cone of Woolly Nylon thread</i>			For all stitch exercises	
			3-thread Rolled Hem, pg. 19 2-thread Rolled Hem, pg. 21	



Collect a variety of sewn samples in the classroom to reinforce the serging techniques discussed and shown in class: 4-thread, 3-thread, and 2-thread stitches.

[illegible][illegible][illegible]A spiral-bound book titled "Singer Technique Reference Book" in red and black text. The book is white with red horizontal stripes at the top and bottom. The Singer logo is visible at the bottom. The book is shown at an angle, highlighting its spiral binding.

## Part # STRB

# The Fabulous Flatlock!

BY NANCY BEDNAR

Part of the fun of owning a serger is working with stitches that you cannot find or duplicate using your traditional sewing machine. The flatlock stitch is a great example. Consisting of a needle thread, plus one or two looper threads, a flatlock stitch has both practical and decorative stitch applications. Bulk-free, perfectly flat seams make this serger stitch the seam of choice in active wear, sportswear or lingerie construction. Team this distinctive stitch with a variety of weights and types of decorative threads, and the unique “loops” and “ladders” of the stitch shine with endless creative possibilities.

Directions for this simple flatlocked shawl can be found in *Creative Serging: Innovative Techniques to Get the Most From Your Serger* by Nancy Bednar and Anne van der Kley.

## Stitch Details

*Note: Consult your serger guidebook for the recommended threading paths for either form of flatlock serging.*

Serger flatlock seams can be sewn using two or three threads:



**2-THREAD FLATLOCK** uses one needle (left or right) and the lower looper thread *only*. This flatlock technique produces the flattest seaming when pulled taut.



**3-THREAD FLATLOCK** uses a needle thread along with both the upper and lower looper. This stitch makes a strong seam, due to the needle and two loop-

er threads sewn together. This seam may not pull completely flat because of the amount of thread in the stitch formation.

*Note: Either needle can be used in both stitch formations for a wide (left needle) or narrow (right needle) seam.*

## Tension and Stitch Length

When flatlock stitching, extremely loose needle tension is the key to a completely flat seam. Depending upon the fabric, needle tension can be set as low as 1 or 0 to achieve the desired look. Looper tension will usually be set at a normal setting of 4-5.

Flatlock stitch length can vary according to the threads chosen for your project. Remember that heavy decorative threads need more room between stitches to nestle smoothly, so the stitch length will need to be lengthened, probably 3mm or longer. Conversely, silkier, slimmer rayon threads take on a satiny, ribbon like appearance if their stitch length is shortened to 1.5mm or shorter. Experiment with fabric scraps from your project using a variety of threads, adjusting stitch length and tensions to see what appearances you can give to your fibers. You'll be surprised at how a simple change like stitch length can affect the overall seam appearance.



## Stitch Steps

Flatlock serging is a two-step process. Fabrics can be placed right sides together or wrong sides together, depending upon which side of the stitch you want to showcase (the “loops” or the “ladders”). Unlike other serger stitches, the flatlock can be serged on the edge of two pieces of fabric as a seam or along a folded edge anywhere on the surface of the fabric.

### STEP 1:

Place fabrics right or wrong sides together. Serge along the edges. When you look at the seam, the stitches will look much looser and a little different than those in a traditional overlock seam – this is correct. The needle thread and the looper thread(s) should meet on the edge of the fabric but will not be tight against it.



### STEP 2:

Separate the fabric layers and gently pull the unserged edges of the fabrics apart, to the left and right. Magically a new stitch will appear! The loosened needle tension allows the seam to pull flat.

Loops



Ladders



This seam has two distinctly different sides: One side of the seam looks like a row of looped zigzag stitches.

The second side of the seam looks like small horizontal stitches, seemingly floating over the fabric with no visible support. This side is called the “ladder” side of the flatlocking and offers great creative possibilities.

# Flatlock Fun!

Once you have mastered the basics of flatlocking, your creative journey has just begun! Experiment with these techniques, all made possible by the simple flatlock serger stitch:

### DECORATIVE:

Blanket stitching, flatlock couching, fagoting, fringing, attaching beads and sequins, ladder weaving

### HOME DEC:

Professional drapery hems, soutache pintucks, custom braids

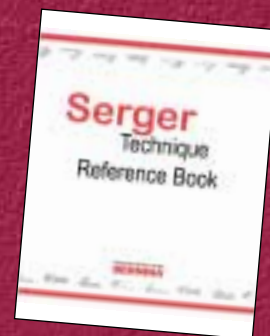
### GARMENT:

Flatlocked and fringed seams, blind hems, decorative placket zippers

For more serger inspiration and ideas, read:

*Serger Technique Reference Book*

Published by BERNINA® of America, Inc.



*Creative Serging: Innovative Techniques to Get the Most From Your Serger*

by Nancy Bednar and Anne van der Kley

Published by Sterling Publishing, Inc.



## Sergers Easy, Serger Speedy

## SLEEPWEAR

BY NANCY BEDNAR

Take advantage of the secure and tidy seams created by BERNINA® sergers to stitch these colorful batik pajama pants. Serged in less than 90 minutes, you'll want several pairs in your nighttime wardrobe.

## SUPPLIES

- Any pajama pant with an elastic waist. *Pajama Party* by Cindy Taylor Oates was used for the sample shown
- Batik yardage according to pattern for pant style selected
- Coordinating yardage according to pattern for contrast cuff
- 4 cones all-purpose serger thread to color-match the batik
- 1 cone heavier decorative thread for flatlock, such as Jeans Stitch by YLI
- 1" wide soft elastic – your comfortable waistline measurement plus 1"
- 3" length of 1" wide satin ribbon
- Bodkin or safety pin



## WHY CONSTRUCT USING A SERGER?

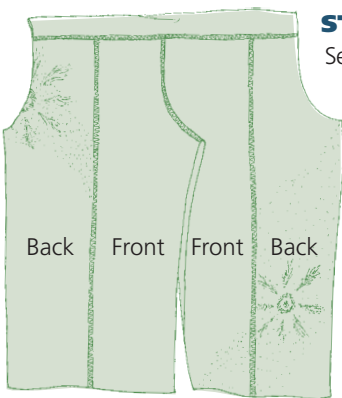
Flat construction methods for the serger, borrowed from garment factory assembly line techniques, make quick work of putting a garment together. Keeping the overall garment unit as flat as possible for as long as possible during the construction process allows for quick seaming, easy waistband addition, and simple elastic insertion. The fact that a serger cuts, seams and clean finishes in one pass eliminates several sewing steps and produces a professional-looking garment. Home stitchers can easily adapt any commercial pattern to these methods. The pajama project described here is a simple and ideal beginner's introduction to the serger flat assembly method.





## CUTTING AND MARKING

Cut two fronts and two backs from main batik fabric. *Note: If an elastic casing allowance is included on the pant pattern you selected, fold it down and **do not include it when you cut**.* Review the instructions to see if this allowance has been drafted into the pattern. A separate serged-on elastic casing will be added later in the construction process. For easy identification, chalk mark CF and CB (center front and center back) on the wrong side of each pant piece, close to the waistline edge.



### STEP ONE: Seaming Fronts and Backs

Set the serger for a 4-thread basic overlock stitch.

Serge-seam the pants units to each other in the following order – think of it as a “laundry line” of pants pieces:

- Pants Back side seam to Pants Front side seam
- Pants Front to Pants Front at center crotch seam
- Pants Front side seam to Pants Back side seam

Press all seams to one side. *Note: Illustration at left includes casing from Step Three.*

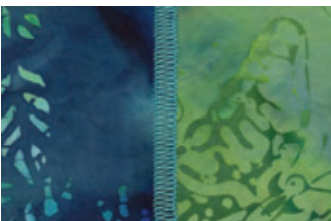
### STEP TWO: Adding Flatlocked Contrast Bands

Hold up the pants to your body and determine if the pant legs need to be shortened in order to accommodate the  $3\frac{1}{4}$ " contrast cuff. Measure and shorten each pant leg unit as needed.



Measure the width of the seamed front/back pant leg unit. Cut 2 cuff pieces this width by  $7\frac{1}{2}$ " tall. Fold these cuff pieces in half across the width, wrong sides together, and press.

Reset the serger for a wide 2-thread flatlock stitch.



Match all raw edges and pin the cuff to the wrong side of the lower pant leg. *Note: Remove pins as you serge, being careful not to serge over them.* Flatlock the two units together, having the pant leg fabric facing up while serging. (This will allow the flatlock band to fold downwards, simulating a tuck.) Pull the two pieces away from each other allowing the

stitches to lie flat. The flatlocking creates a smooth, color accent on the pant leg.

### STEP THREE: Adding a Waistline Casing

Reset the serger for basic 4-thread overlock seaming.

Measure the width of the seamed waistline at the pants upper edge. Cut a strip of fabric this measurement x 3" tall. Fold the casing piece in half across the width, wrong sides together, and press.

With right sides together, pin the raw edges of the casing to the top of the pants unit. Serge-seam together. Press the seam allowance down, away from the waistband.

Cut a piece of 1" elastic a comfortable waistline measurement plus 1". Using a bodkin or a safety pin, thread the elastic through the casing, extending the elastic out each edge by  $\frac{1}{4}$ ". Pin in place. Using a sewing machine, stitch the elastic in place through the casing to secure.

### STEP FOUR: Final Seaming

With right sides together, match and seam the center back crotch seam. Begin serging at the lower crotch edge, ending at the elastic waistline. *Tip: Slide the gathers of the elastic away from the center back seamline to allow for the flattest possible seaming over the thickest part of this seam.*

Refold the pants legs to match the inner leg seams. You will be seaming one pant front to one pant back on each side.

Begin seaming at one cuff, up the inner leg, through the center seams and down the second pant leg. Leave long thread tails at the beginning and end of the seam.

Press the leg seams to one side. Using a large-eyed hand-sewing needle, draw the serger thread tails inside the seam allowance.

### A FINAL TOUCH....

Using a sewing machine, stitch a piece of ribbon over the top of the center back seam to cover the end of the serger seam. Not only does this attractively mark the center back of your new PJ's, but eliminates the need for weaving in one set of thread tails!

#### 4-Thread Overlock Stitch

- Left and right needles: All-purpose serger thread: tension 4-5
- Upper and Lower loopers: All-purpose serger thread: tension 4-5
- Stitch length:  $2\frac{1}{2}$
- Cutting Width:  $2\frac{1}{2}$

#### 2-Thread Flatlock Stitch

- Left Needle: All-purpose serger thread – 0 –  $\frac{1}{2}$
- Right Needle: Removed
- Upper Loper: Converter cap installed
- Lower Loper: Decorative thread – tension 4-5
- Stitch Length:  $1\frac{1}{2}$
- Cutting Width:  $2\frac{1}{2}$

# Serged Patches

# JACKET

BY JO LEICHTE



## Supplies

- BERNINA® Serger
- BERNINA® Sewing Machine
- Pieced Jacket #810 by Great Copy Patterns
- Four (or more)  $\frac{3}{4}$  yard lengths of coordinating fleece prints or solids
- 4" x 7" rectangle Ultrasuede™ (or  $\frac{1}{16}$  yard, or assorted scraps)
- Two spools YLI Woolly Nylon in color(s) to coordinate with fleece
- Size 80/12 Universal needles
- Four large buttons (1" to 1 $\frac{1}{4}$ " diameter)
- Pattern tracing paper
- Edgestitch Foot #10/10C
- Button Sew-On Foot #18

*By making a few simple changes to Great Copy's wonderful "Pieced Jacket" pattern, the construction process is streamlined, and nearly all of the stitching can be accomplished on a serger rather than a sewing machine. In addition, cutting the jacket back pattern piece into four panels creates an even "piece-ier" project, and making the button loops from Ultrasuede™ makes them durable and simple to construct.*

## Serger Set Up

*While the pattern instructions call for jacket to be seamed with a serged overlock stitch, all of the stitching in this variation – both seams and edges – is sewn using a wide two-thread flatlock. This eliminates the need to switch back and forth between the serger and sewing machine, and creates a very flat, non-bulky seam. The only exceptions are the button loops and buttons – there are still some things that a serger just can't do!*

### Wide Two-Thread Overlock

Upper Looper	Woolly Nylon, tension = 1-2
Lower Looper	Woolly Nylon, tension = 1-2
Right Needle	Removed
Left Needle	Woolly Nylon, tension = 6-8

Stitch Length = 2.5-4mm

Cutting Width = 1.5-2

Differential Feed = as needed

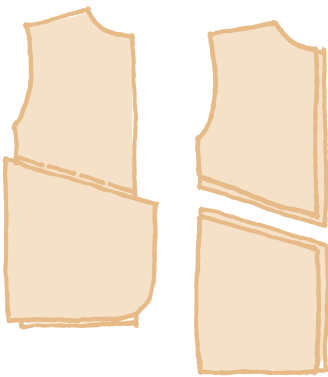


## Preparation

Determine jacket size using chart included with pattern. Trace the sleeve, collar, and upper and lower front pattern pieces.

Create New Back Pattern Pieces: Place traced lower front piece over the lower edge of the back piece, then trace upper angled edge onto back pattern piece. Trace the new upper and lower pattern pieces, adding  $\frac{1}{4}$ " seam allowances to the center back and to the newly created angled edges.

Decide which color fleece will be used for each section of the jacket. *TIP: Make several photocopies of the jacket line art, then experiment with different arrangements using crayons or pencils.*

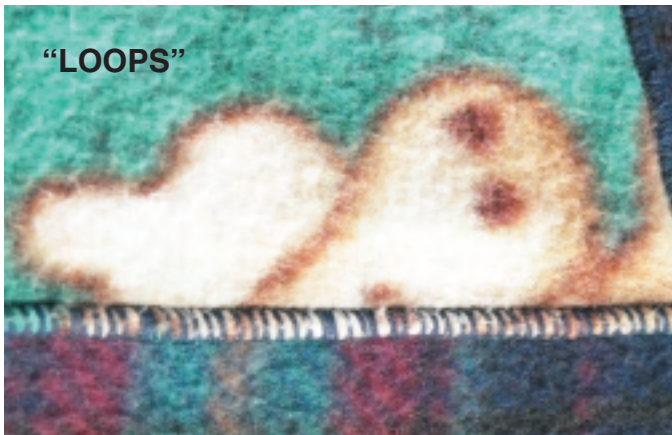


Cut pattern pieces from fleece, being sure to cut both right and left front and back pieces. Cut two collar pieces – a double layer collar has more body than a single layer.

Cut four 1" x 4" strips of Ultrasuede™ for the button loops. Cut four  $1\frac{1}{8}$ " x  $1\frac{1}{8}$ " squares of Ultrasuede™ to cover tab ends.

## Jacket Construction

Before serging seams, determine which portion of the flatlock – “ladders” or “loops” – will appear on the right side of the jacket. Place fleece right sides together for “ladders”, wrong sides together for “loops”.



Place two collar pieces wrong sides together, matching the raw edges along the inner edge. Pin through the center of the collar to avoid serging through pins. Treat as one piece of fabric. When serging around the outer edges of the jacket, shift the under collar slightly so that it extends  $\frac{1}{8}$ " beyond the upper collar and trim the excess fabric when serging around the collar.

Follow the pattern directions for View B, steps 1 through 6, substituting a wide 2-thread flatlock for the overlock stitch. After serging each seam, open the flatlock stitching by gently pulling the fabric along each side. When serging the outer edges of the

jacket, increase the differential feed to 1.5-2 at curves, serging slowly and smoothly.

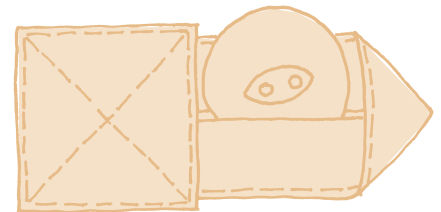


## Buttons & Loops

Thread sewing machine with thread to coordinate with fabric. Fold each 1" x 4" strip of Ultrasuede™ in half lengthwise. Attach Edgestitch Foot #10/10C, select straight stitch, and move the needle slightly to one side. Stitch along the long raw edges of each strip. Fold as shown in View A, step 5.

Determine loop opening by slipping a button through the loop; mark the location for the end of the loop. Pin loops in place along the right side of the jacket front, placing the marked ends of the loops  $\frac{1}{4}$ " from the finished edge. Place a  $1\frac{1}{8}$ " x  $1\frac{1}{8}$ " square of Ultrasuede™ over the raw ends of the loop, one straight edge  $\frac{1}{4}$ " from the finished edge. Using Edgestitch Foot #10/10C, edgestitch around each square. If desired, stitch an “X” in the center of each square.

Adjust the pin in the center of Button Sew-On Foot #18 to its highest position. Sew buttons in place on the remaining front edge of the jacket



using a button sew-on stitch (or a universal stitch with a length of 0mm). *Note: Some large buttons have a bigger-than-normal space between eyes; adjust stitch width as necessary so that needle stitches into the eyes.*



## Resources

Pieced Jacket  
#810 Great Copy patterns  
[www.greatcopy.com](http://www.greatcopy.com)

Serger Technique  
Reference Book  
available at your local  
BERNINA® dealer  
[www.berninausa.com](http://www.berninausa.com)

## Variations on a Theme

Substitute braided cord for the Ultrasuede™ button loops, and use squares of fleece to cover the raw ends. For an “unpieced” version, overlap upper and lower jacket front pattern pieces  $\frac{1}{2}$ ”; tape together. (Overlapping the pieces  $\frac{1}{2}$ ” eliminates the  $\frac{1}{4}$ ” seam allowances needed for piecing.) Cut sleeves on the fold, marking the center/fold line  $\frac{1}{2}$ ” from the edge of the center seam.

Completely different looks are achieved depending on fabric selections: solids and subtle prints in related colors create a calm, pretty effect, while bright colors and wild prints create excitement.



This colorful coffee cup quilt kit, featuring Glacier Park Splash and Ombre Stripes and Java Galaxy pattern by “I Wanna Quilt”, is available in fine quilt shops everywhere.

[www.benartex.com](http://www.benartex.com)

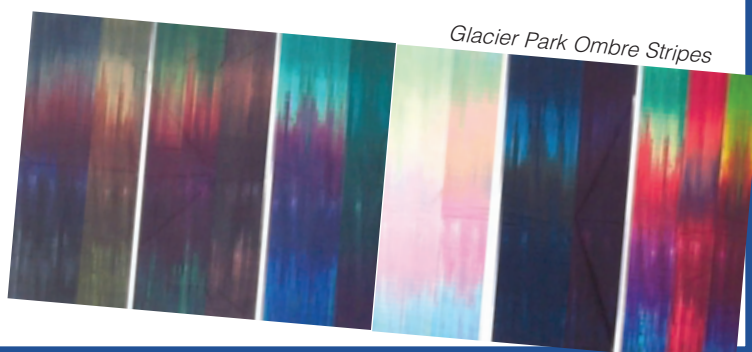
Presenting a  
spectacular new Benartex  
fabric collection

## Glacier Park

Using the sky, mountains,  
stones, and leaves of Glacier Park  
as her inspiration,

## Caryl Bryer Fallert

AQS Best of Show award  
3-time winner, has created a  
spectacular collection with the look  
of genuine hand-dyed fabrics.



Glacier Park Ombre Stripes



# Serge It Once, Serge It Twice!

By Nancy Bednar

*As a garment sewer, I like to push the creative limits of my serger past the basic clean finished seams and speedy piecing to create decorative accents that cannot be duplicated using a sewing machine. This classic linen camisole is a perfect example of a simple garment sewn from a plain fabric made more visually interesting by the addition of embroidery and unique serger stitch applications. The project is simple, fast, and easy with great high-end retail appeal. The creative work found here could easily be translated into a pillow top, dress front or decorative panel on a tote bag.*

## Overview of Camisole

The camisole design features embroidery on the front, framed on the right and left with alternating rows of double stitched serger tucks and ribbon woven flatlocking. Rows are positioned 1" apart, measured from the outer left and right sides of the center embroidery on the front. The camisole back does not have center embroidery. Flatlock ribbon weaving is serged at center back, framed by a pair of double stitched tucks, one each on the left and right sides.



**Left to Right:** Double-serged Pintuck, Flatlock Stitch with Ribbon, Double-serged Pintuck, Center Embroidery Design, Double-serged Pintuck, Flatlock Stitch with Ribbon, Double-serged Pintuck

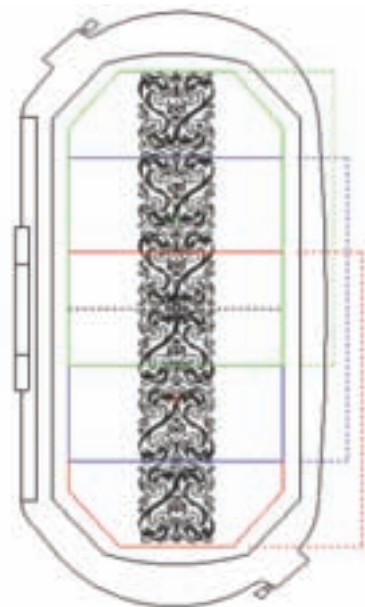
## Preparation

- Cut out camisole front and back pieces, adding 1" to side seams.
- Do not cut out facing pieces – will be replaced with bias bindings.
- Using an iron, crease-mark the centerlines on the front and back.
- Add length to the pattern pieces.

## Embroidery

Embroider the design of your choice along the crease marked centerline on the front piece. The sample shows design #BE10228 from the Studio BERNINA® Exclusive Design Collection, The Linen Closet.

Position stabilizer on the wrong side of the fabric, using temporary adhesive to secure; hoop the bonded layers as one. This design was duplicated and mirror imaged horizontally to



## SUPPLIES

- Serger:** BERNINA® serger with 2-thread flatlocking capabilities
- Pattern:** Any simple, pullover style tank top pattern (sample uses New Look #6483)
- Fabric:** Linen fabric – yardage per pattern plus ¼ yard
- Design:** Studio BERNINA® Exclusive Design Collection, The Linen Closet
- Thread:** Serger thread in 2 colors:  
4 cones all-purpose thread for seaming (matching fabric)  
2 cones all-purpose thread for decorative work (contrasting color)  
1 cone texturized polyester thread such as YLI Woolly Nylon (contrasting color)
- Notions:** 1 yard of ½" wide elastic  
1½ yards ¼" wide satin ribbon  
2 yards of 2" wide double-faced satin ribbon  
OESD Tear-away stabilizer  
HRFive Temporary Spray Adhesive
- Presser**
- Foot:** Edgestitch Foot #10/10C (for sewing machine)

create the heart-shaped design; it was then mirror imaged vertically to complete the embroidered band. It was also enlarged to Mega-Hoop size in order to stitch the largest design possible. After stitching is complete, remove all stabilizer from the embroidery and prepare to serge.

### Double Stitched Serger Tucks

Elegant, well defined tucks that appear to be fabric bound are easy to accomplish using a new, double-stitched overlock technique. Thread serger for a narrow 3-thread rolled hem following the settings at the bottom of the page.

Draw a line 1" to the left and right of the outer edge of the center embroidery. With wrong sides together, press a fold along one drawn line. Serge along the folded line, positioning the fabric so that the stitches fall at the edge.

*Raise the upper knife.* Stitch a 2<sup>nd</sup> time over the previous row of stitching. Position the needle so that it sews just slightly to the left of the first set of needle stitches. This 2<sup>nd</sup> row of stitches will fill any gaps in the 1<sup>st</sup> row, creating dense thread coverage, replicating a bound tuck. Repeat for the second tuck.

### Flatlocked Ribbon Band

Thread serger for a 2-Thread Wide Flatlock stitch following the settings at the bottom of the page.

On the wrong side of the fabric, draw a line 1" away from the serger tuck, towards the side seam. With right sides together, fold the camisole along the drawn lines. Serge rows of flatlocking along these lines. Pull the flatlock band flat, creating the "ladders" portion of the stitch on the front of the camisole. Weave ¼" wide ribbon through the flatlock ladders, securing the ribbon tails at the top and bottom of each row.

### Double Stitched Serger Tucks

Repeat the previous directions, serging in another set of double stitched tucks 1" away from the flatlock ribbon bands.

### Camisole Back

Follow the directions above to mark and serge a centered flatlock ribbon band, framed by a row of double stitched tucks to the left and right.

Convert serger to a 4-thread overlock stitch and serge the seams in the following order: Front to back at shoulders, then front to back at side seams.

### Added Peplum

A gently gathered peplum was added to the basic tank pattern to soften the original pattern design.

Measure and cut the camisole 1½" below the waistline to allow for blousing and a seam allowance at the waist.

Cut an 8" piece of linen the front to back measurement of the camisole, plus 1" for two ½" seam allowances. Serge-seam the short sides of the peplum, forming a circle.

Adjust the differential feed to 2.0. Gently gather one of the long top edges by serging it with the adjusted feed setting. Return differential feed to "N", serge-seam the peplum to the camisole bottom.



### Double Rolled Hem Finish

As with the double stitched tucks, a rolled hem, stitched 2 times at the lower edge gives a custom piped look to the bottom of the camisole and outer edges of the bindings at the armholes and neck edges.

## SERGER SETTINGS

### 4-Thread Overlock Stitch:

Right and left needles: all-purpose serger thread - tension 5  
Upper and lower loopers: all-purpose thread - tension 5  
Cutting width - 2½  
Stitch length - 2

### 3-Thread Overlock Stitch:

Right needle and lower looper: all-purpose thread - tension 5  
Left needle removed  
Upper looper: texturized nylon thread - tension 4-5  
Cutting width - 2½  
Stitch length - 2

### 3-Thread Rolled Hem:

Right needle - all-purpose thread - tension 5  
Left needle - removed  
Upper looper - texturized nylon thread - tension 4-5  
Lower looper - all-purpose serger thread - tension 7-8  
Cutting width: 1  
Stitch length: 1½

### 2-Thread Wide Flatlock:

Left needle - all-purpose thread - tension 0 - 1  
Lower looper - all-purpose thread - tension 5  
Upper looper converter installed  
Cutting width\*: 4  
Stitch length: 4  
\*Note: If working on a BERNINA serger with mtc (Micro Thread Control), adjust the mtc knob to its widest setting. This will build in more "wobble room" in the stitch formation and create an extra-wide flatlock stitch.