

Sergers Easy, Sergers 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

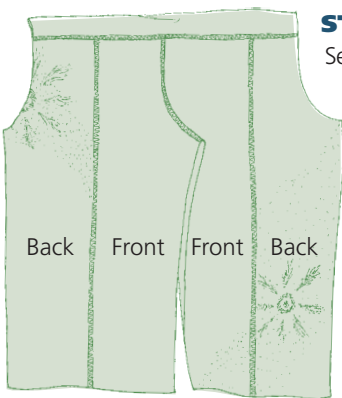
**WHY CONSTRUCT USING A SERGER?**

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.*

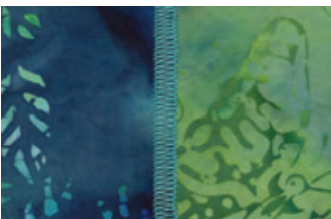
STEP TWO: Adding Flatlocked Contrast Bands

Hold up the pants to your body and determine if the pant legs need to be shortened in order to accommodate the 3¼” 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 7½” 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 ¼”. 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: 2½
- Cutting Width: 2½

2-Thread Flatlock Stitch

- Left Needle: All-purpose serger thread – 0 – ½
- Right Needle: Removed
- Upper Loper: Converter cap installed
- Lower Loper: Decorative thread – tension 4-5
- Stitch Length: 1½
- Cutting Width: 2½