

VIRTUAL

# Breakfast Club



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MATERIAL Girls  
Quilt Boutique

6750B Crain Highway LaPlata, Maryland 20646  
301.392.9575 [www.materialgirlsqilt.com](http://www.materialgirlsqilt.com)



Your secret sewing talent: **HEMMING**



Knowing a few good machine hemming techniques can let your sewing craftsmanship show!

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

# First- we must PRESS

1. Cut a piece of cardstock 1" wider than the hem size being pressed
2. Mark your hem depth on the cardstock
3. Fold the lower edge of the fabric up to the marked line and press

Faster more accurate measuring  
Cardstock protects fabric "press through"

# Free Arm Sewing

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Using the free arm of the machine makes it easy to maneuver around the opening without having to stop and shift every few stitches.

BERNINA offers two free arm options:

- Slender free arm is perfect for hemming small tubular items such as baby garments, pant legs, etc.
- Larger free arm with the slide on tray table. Perfect for hemming bag openings, skirts, and wide pant legs. Plus, the tray table added printed measurements, and adjustable guide to help you keep a consistent distance

# Blind Hem

This traditional type of hem is strong, secure finishing.

Good for men's trousers, woman's jackets, drapery, and other structured projects with a hem depth of at least 1 ¼".

The results are nearly invisible hem and 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  $\frac{1}{4}$ " -  $\frac{3}{8}$ " from serged edge of fabric.

### Step 3

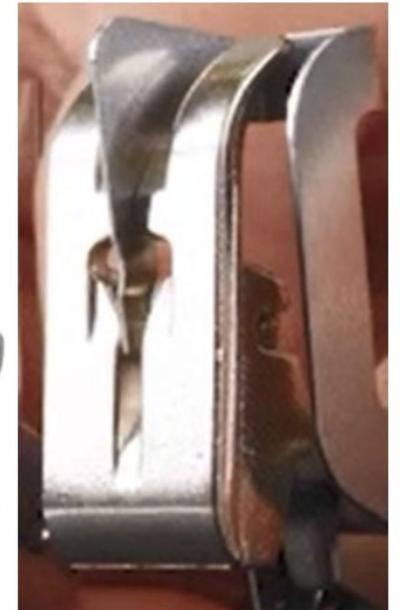
Lay garment *wrong* side up on bed of machine. Fold hem under to the right side of fabric, exposing the lower (serged) edge of fabric. Position Foot #5 with the center guide against the fold.

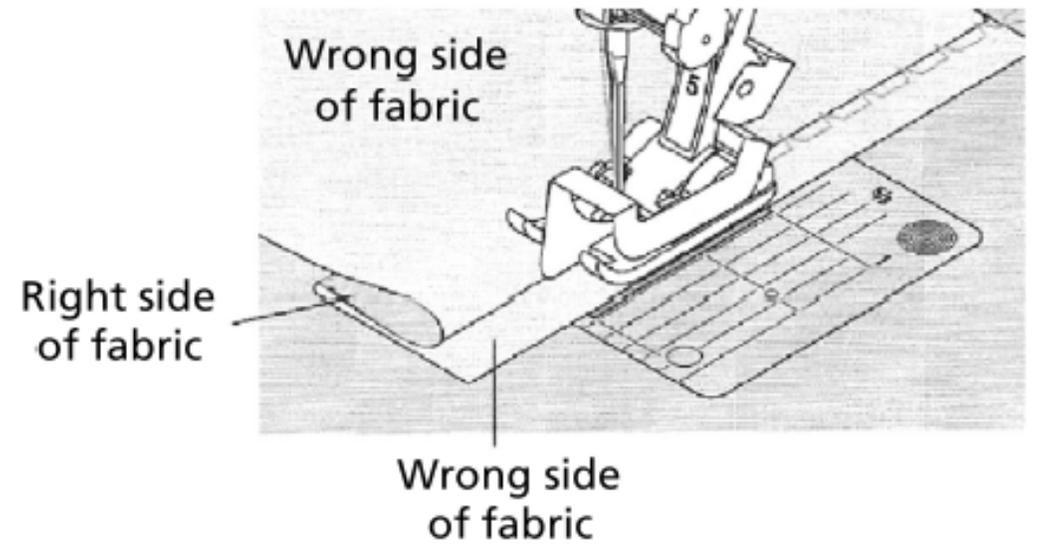
### Step 4

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 Foot #5





# Narrow Hem

Using the technique for finishing the edges of scarves, napkins, blouses, ruffles, etc.

It works most for light weight fabric. This technique/presser foot take patience and practice



## 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).

## 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



# Tips to BERNINA Hemmer Feet:

1. 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
2. Spray start and press the fabric edge to give it more body, making it easier to feed in the coil of the hemmer foot
3. When doing items with corners, you will need to start your hemming away from the corner and then “hand” do the corners
4. Lighter fabric is better than mid to heavy
5. Practice
6. Patience
7. Perseverance
8. Don't do it 😊

# Hemming Knits

Double needle stitching simulates the look of ready-to-wear finish, resulting in a hem that will stretch with the fabric and not “pop”.

Works well on most knits from t-shirts 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).

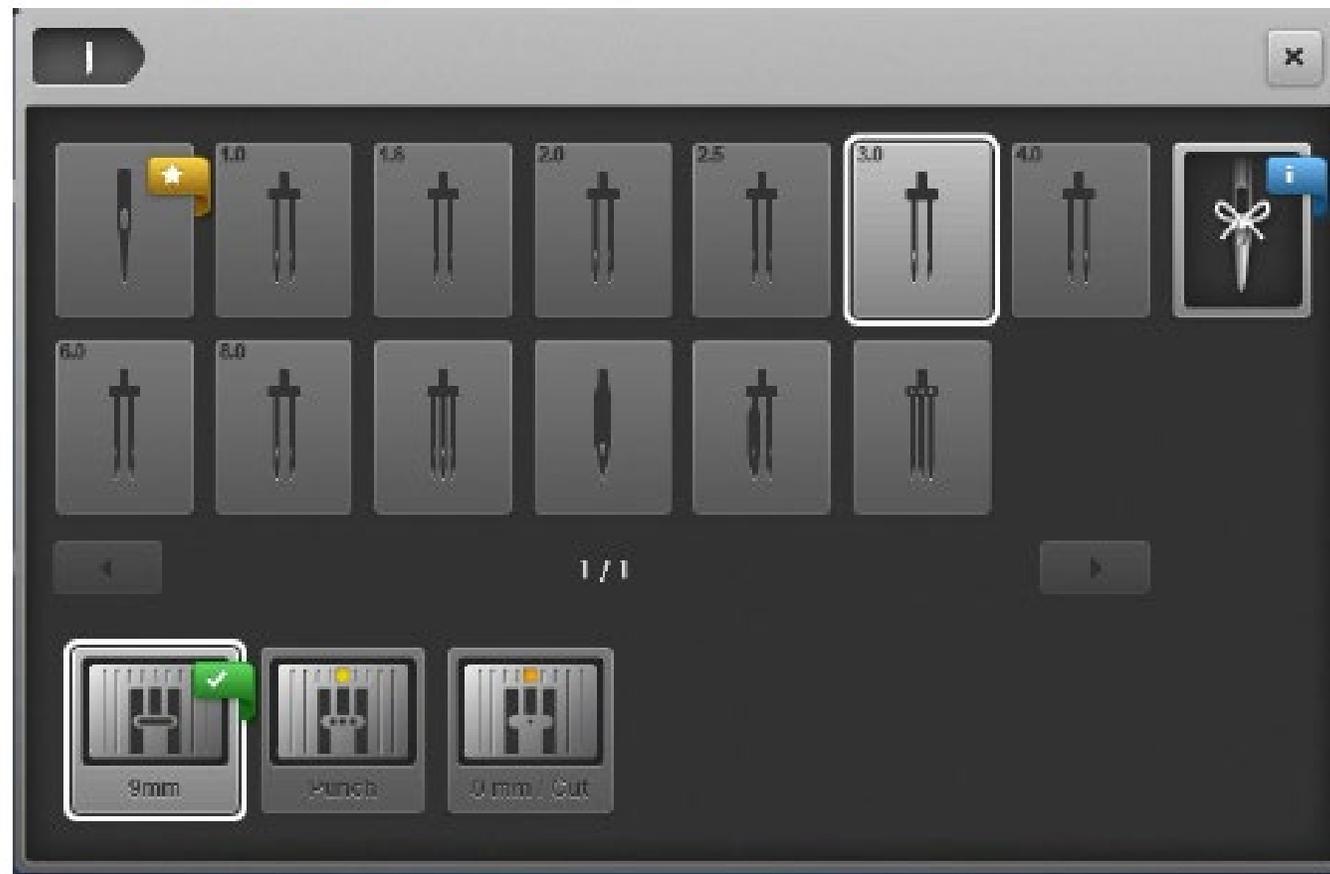
### Step 4

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

Overlocker:

Coverstitch  
Hem



2-needle cover stitch shows a double row of stitching on the outside and the row of looper stitches covering the raw edge on the inside.

### **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**

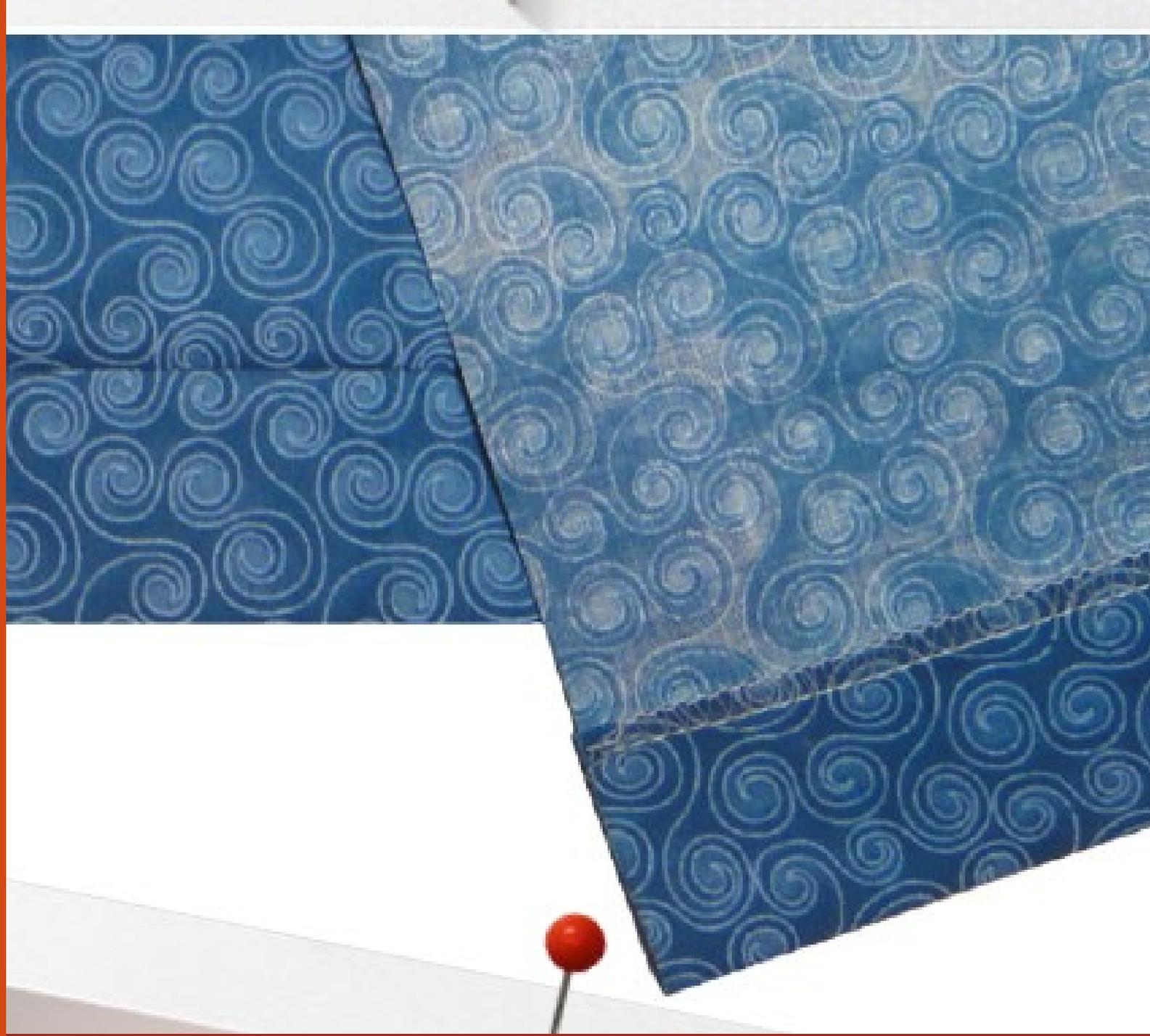
Fold the fabric edge to the wrong side using a hem allowance of  $\frac{5}{8}$ " to 1"; adjust the hem guide for the hem depth selected.

#### **Step 3**

Stitch the hem, keeping the fold against the guide.

**Overlocker:**

**Banded Hem**



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

This technique can also be done with a contrast 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.

# References:

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[Just Sew It: Machine Hemming Techniques](#)

[Video: Blind Hemming with Foot #5](#)

[Blog Post: How to sew a Blind Hem](#)

[Video: Hemmer Feet #61-69](#)

[Blog Post: Narrow Hemming with BERNINA Hemmer Feet](#)

[Video: Hemming 3 different ways](#)

[Blog Post: Hemming 3 different ways](#)

Now that I have taught you how to do  
these techniques

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**TELL NO ONE!!**