

Supplies

Fleece or Pile fabrics with brand names such as Polar Fleece, Polar Tec, Windbloc, Arctic, Chinella, Yukon, Nordic Spirit, Berber, Solar Fleece, Zendura, Glenaura or other unbranded imported fabrics

Spandex (Swimwear) fabric with four way stretch

Baby Lock Eight Thread Serger such as Accolade or Triumph

Serger 16 piece Accessory kit or the following feet for Baby Lock Eight thread serger:

- Lace Joining foot (BLE8-LF)
- Clear foot (BLE8-CLF)

Baby Lock Quilt Binding Foot (BLSA-QBF)

Serger and All Purpose Thread

Decora 12wt. and Stretch Bulk thread by Madeira

Floriani Wash Away Stabilizer

Rotary Cutter, Mat and Ruler or Dressmaker Shears

Appliqué scissors

Stiletto or Wooden Skewer

Iron, Heat Resistant form such as a wooden Spool and Rubber bands

Instructions

Fleece and Pile fabrics are available in a huge variety of thickness, quality and styles. Fleece will generally curl to the right side when the cut edge is gently stretched. Fleeces and pile fabrics are easily combined in a project and are ideal for knit patterns requiring a modest amount of give. Certain patterns are designed specifically for these fabrics. Fleece and pile polyester fabrics are machine washable and machine dryable on low temperature setting. Fleece is available as “anti-pill” and this type of fabric resists forming pills during use. For maximum anti-pill, use the side of the fabric with the shortest nap. These bulky fabrics do



Fleece Cover Stitch “Ribbing”

Wide Cover Stitch

Cover stitch creates the look of ribbing.

Fabric finished with this technique creates a textured fabric that looks great at the neckline or cuffs.

The tucks will shrink the fabric, so create a piece that is larger and trim to size. This modified fabric is not as stretchy as true ribbed fabric, so modify any pattern pieces accordingly.

Increase the rise of the rib by increasing the Cover Stitch Looper setting.


For decorative tucks:

Madiera Decora in C1 & C3

Size 90 Needles

Serger Thread or Stretch Bulk Thread
in Cover Looper

Needle Dial Setting 8 & Cover Stitch
Looper Setting at middle range of
Chain Stitch (Test a sample to
determine best setting)



not fray and a seam finish is required only to make the inside seam attractive, especially on single layer garments. Fleece is hydrophobic and does not absorb water so it dries quickly. For maximum warmth, add a layer of wind resistant fabric or select a fleece designed for wind resistance such as Malden Mills Windbloc.




Flat Felt Serger Seam

Wide Cover Stitch

This seam is attractive on both sides and compresses the seam allowance on bulky fabrics such as fleece.

Stitch a ½" seam using the straight stitch on a sewing machine with all-purpose thread. Trim one seam allowance to 1/8" and the other to 1/4". Press to the larger seam allowance.

Using the Wide Cover Stitch on the serger and sewing on the right side, stitch 1/8" from seam line and over the seam allowance. The Clear foot, Open Toe or the Cover Stitch serger feet will make placing the stitch easier.



Fleece 3 Thread Flatlock

3 Thread Flatlock

Flatlock stitch has two sides; the ladder side can be used to weave in an embellishment. Stitch with wrong sides together to show the serger stitch side on the right side and stitch with right sides together to show the ladder side on the right side. Trim the edge using a rotary cutter or sharp scissors along the seam line prior to stitching.

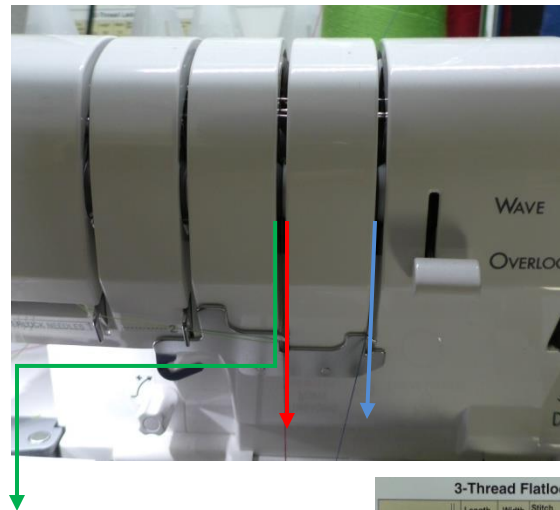
Follow threading instructions carefully in the Quick Reference Guide **except place the needle in the O1 position.**

Two of the threads will split after being placed in the Upper Loper slot. The thread that forms the “ladder” is in the Lower Loper position (blue) and the thread in the Upper Loper position (red) is more prominent.

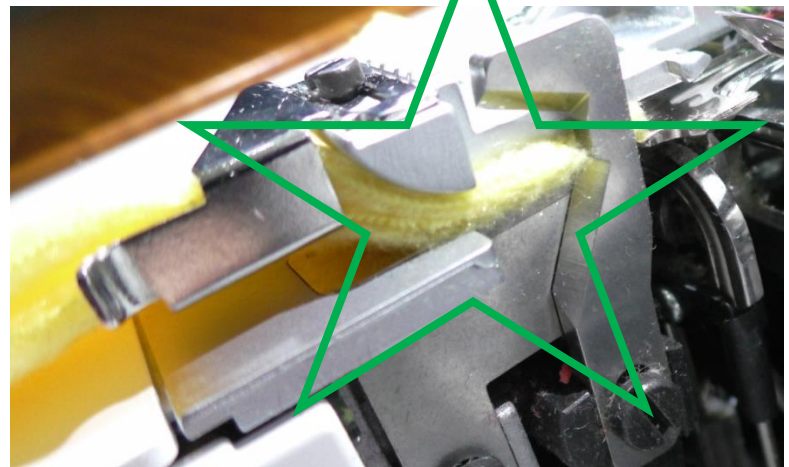
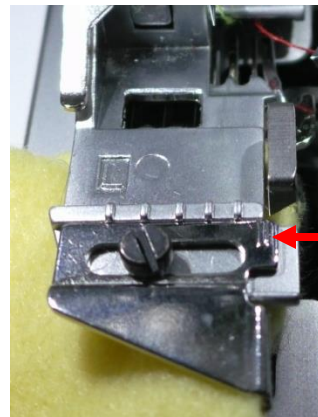
Adjust the Lace Joining foot according to the photo (red arrow). Use a stiletto to place the bulky fabric in the foot, against the guide and both layers under the foot (see photo) when beginning to sew. Keep the raw edges against the guide and sew at a moderate pace.

Set the width at the 5.5 position to trim any fabric that jumps the foot guide or lock the blade.

If stitching along the edge with the most stretch, sew a sample. Engage and increase the Differential Feed if the seam stretches and “waves”.



3-Thread Flatlock-Narrow						
Length	Width	Stitch Selector	Wave Selector	Chain Needle	Chain Looper Tension	
C1, C2, C3, O1, O2	2-3	D	3, 0-3, 5	---	---	
Upper Loper Selector	Blade Position	Knife Cover	Subsidiary Loper			
down	up	up				





Ultra Smooth Bound Edge

Four Thread Overlock

Cut enough 2" WOF strips of swimsuit fabric for the project. Join strips end to end and open the seam.

Place strip and edge with right sides together and raw edges even. Use a four thread serger stitch with a stitch length of 2-3 and width of 7.5 (widest) and trimming a very small amount along the edge. Keep a **small** amount of tension on the strip of fabric.


Gently round the corners with the strip of fabric. The Curve Foot will make this easier.

Pull the fabric to the back and secure against the serged edge.

At the sewing machine, stitch in the ditch with all purpose thread that matches the base fabric in the needle and the trim fabric in the bobbin.

Using appliqué scissors, trim the fabric on the back very close to the stitching line using sharp appliqué scissors.

For a more finished edge, complete with a serger Cover stitch on the right side of the project. Place one needle along the folded edge and the other on the base fabric. Different colors of thread in the needles can be used to match the fabric and binding fabric.





Fleece Embossing

Use an iron set on Cotton and form of heat resistant material such as a wooden spool. **Always test the fabric** for the correct iron temperature and pressing time. The shape of the form determines the shape embossed on the fleece.

This technique is not recommended for pile fabrics.

Place the fabric on the form and pull the fabric to expose only the part to be embossed. Use rubber bands, if necessary to keep the fabric secure to the form.

Use pressure when applying iron directly to the fabric and using the iron temperature and time determined with the sample.

Embossing should remain after laundering.

