

Sewing Basics - Hem Details

By Nancy Fiedler

Hemming is usually your last construction step. Sometimes a simple hem is in order, other times extra detailing will complete the look. Follow the instructions below to create a variety of perfect hems.

Blind Hem:



1. Use a serger or an overcast stitch  to create a finished edge.



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2. Press the hem in place.



3. Select the blind hem stitch and attach the Blind Hem Foot G.
Note: Your machine may have two blind hem stitches. Choose the stitch for the type of fabric used.

Woven:



Knits:



4. Place the garment right side down on the bed of the machine.

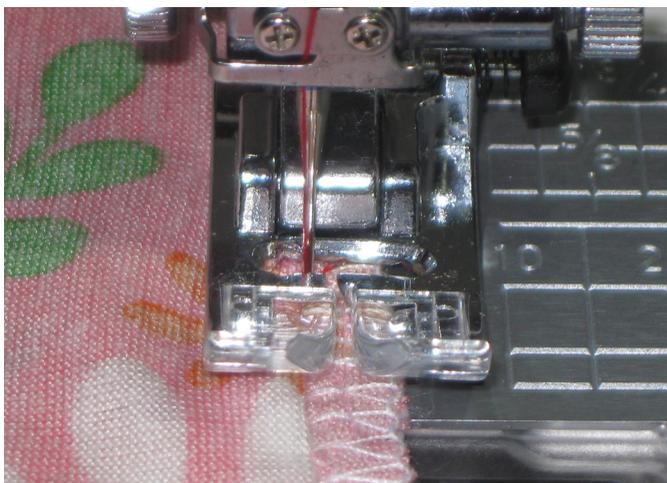


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5. Fold the hem under, leaving out about a 1/4" exposed to the right hand side.



6. Place the hem under the presser foot so that the left hand swing of the needle just pierces the folded edge and the stitches sewn on the right hand side are the 1/4" edge.



7. Sew slow.

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8. When the hem is completed, open and press. When you use matching thread, the tiny stitches will be invisible.



Straight Stitch Hem:



1. Use a serger or an overcast stitch to sew a finished edge on the raw edge to be hemmed.
2. Press the hem in place.

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3. Attach a seam guide and adjust to the desired width of the hem.



4. Use a straight stitch and adjust the stitch length to 3mm.
5. Place the fabric, right side up, under the presser foot and sew at a slow speed to create a beautiful hem.

Twin Needle Option:



Twin needle hems are especially effective on knit fabrics as it will flex with the fabric.

1. Use a serger or an overcast stitch to sew a finished edge on the raw edge to be hemmed.
2. Press the hem in place.
3. Insert a 2mm twin needle in the machine.

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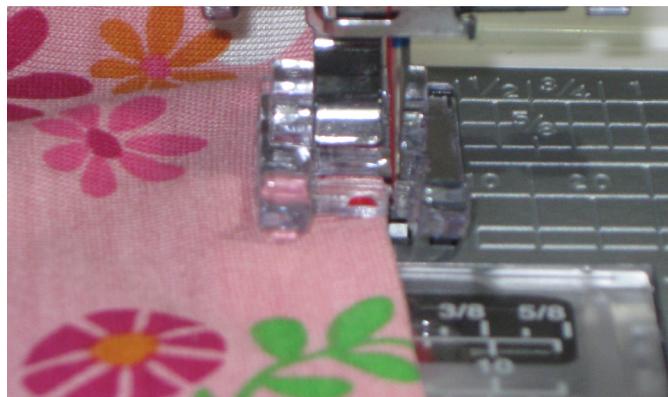
4. Thread the needles with the same color thread.
5. Select straight stitch and adjust the stitch length to 3mm.
6. Place the fabric right side up under the presser foot and sew at a slow speed to create parallel rows of stitches.
Tip: Use a contrast color thread for a bold accent.

Shell Tuck Hem:



This type of hem works best on knits and very light weight fabrics.

1. Use a serger or an overcast stitch to sew a finished edge on the raw edge to be hemmed.
2. Press a narrow 1/2" x 5/8" hem in place.
3. Attach the satin stitch foot and select the shell tuck stitch.
4. Place the hem, right side up, under the presser foot so that the right hand swing of the needle just falls off the edge of the hem.



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5. Sew at a slow speed, keeping the fabric straight.
6. This makes a lovely hem for necklines and sleeves.

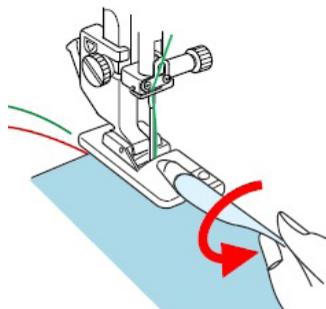
See how Nancy used the shell tuck hem on a back-to-school outfit for her granddaughter using a purchased t-shirt and tights. She then added that same detail to the custom made cardigan for the total look! Here are the instructions, <http://janome.com/en/inspire/projects/garment/back-to-school-outfit>.



Rolled Hem:

A rolled hem is an easy way to create a tiny finished edge on light weight fabrics.

1. Select the straight stitch and attach the Rolled Hem Foot D.
2. Fold under and finger press a 1/8" hem at the beginning of the fabric.
3. Place the fabric under the presser foot with the wrong side up. Guide the 1/8" hem into the funnel portion of the foot.



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4. Sew the hem at a slow/medium speed, guiding the fabric into the funnel.

Tip: Use the Zig-Zag Stitch option for a decorative look.

Note: To create a wider rolled hem, use the optional Hem Foot 4mm or Hemmer Foot 6mm.