

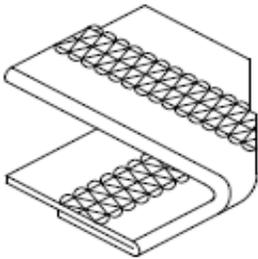
Lululemon Hemming Vendor: Hemming Guidelines

About: COVER STITCH

A cover stitch is formed by two or three needles and one or two loopers. Cover stitches can be formed anywhere on the material being sewn. The lower looper thread, below the material being sewn, forms a bottom cover stitch against the needle threads. The upper looper thread, above the material, can form a top cover stitch simultaneously. The needle threads form parallel rows, while the looper threads cross back and forth all the needle rows. Together, the needle and looper threads cover raw seam edges, resulting in a clean look and allowing pants to be worn reversibly.

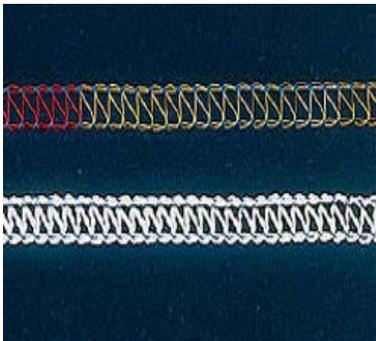
The majority of lululemon and ivivva garments are hemmed with the 3 needle cover stitch. When hemming, replicate the seam allowances, which can range from $\frac{3}{4}$ " to about 2." Most pants have a 1" hem allowance.

The cover stitch machine has the flexibility to sew different stitch styles:



3 Needle Cover Stitch with Upper Looper

- Thread 3 needles
- Thread the upper and lower looper



2 Needle Cover Stitch with Upper Looper

- Thread 2 needles
- Thread the upper and lower looper



3 Needle Cover Stitch without the Upper Looper

- Thread 3 needles
- Remove the upper looper thread



2 needle cover stitch without the upper looper

- Remove the upper looper thread
- Remove 1 needle
 - Stitch width depends on which needle is removed



Chain Stitch

- Remove the upper looper thread
- Remove any of the 2 needles
- Result:
 - straight line of stitching on the outside
 - braided chain of stitching on the inside

How To: Cover Stitch a Hem



Lay out the pants

Match front center seam to back center seam

Fold pants in half, front sides together, matching waist/hip seams.

Pin at hip & at gusset



Holding middle of pants, shake out pants to remove creases. Lay the garment on table, back left leg facing up.

Generally, ivivva & lululemon logos are placed on the back left leg. Remember to reapply new logos if needed.

Never remove creases by brushing on garment lengthwise as this will stretch out fabric, resulting in inaccurate hemming.

Remove creases by gently brushing crosswise so as not to stretch the pants.

Repeat in order to ensure that any differences in existing leg lengths are consistent each time garment is laid on table



Use hemming gauge to measure amount to be hemmed

Mark folding line

Sometimes, the **original hem needs unpicking** before cutting.
See unpicking instructions below



Mark Cutting line, which is usually 1" from folding line
Otherwise follow original hem allowance



Draw the folding line all around both pant legs

Special Instructions: Note any special instructions that are on the Hemming Slips

How to Cut: Different Leg Lengths



Pants legs will be pinned separately
Mark & cut each pant leg individually

How to Cut: Inseam lengths



Measure length from gusset as shown

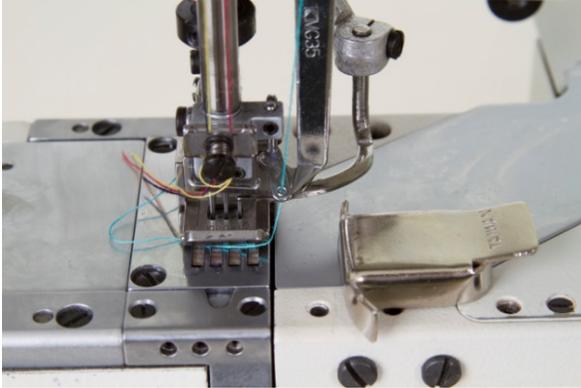
How to Cut: ivivva Child's Hem or Kids' Hem



Child's Hem is turned under twice, by $1\frac{1}{4}$ "

If available, a total of $2\frac{1}{2}$ " of fabric is folded up to give the guest a full child's hem.

If this amount of fabric is not available, adjust to allow for as much fabric to be saved as possible



If needed, use masking tape, or if available, a magnetic hem allowance guide to mark the required hem allowance



When sewing a cover stitch hem

- Fold hem allowance under
- Sew on the right side of the fabric
- **Raw edge must be covered**
- start about ½" before the **inseam**
- finish the hem by **overlapping** stitches 1" to prevent seam from unraveling
- Trim excess threads
- **Using Medium Heat**, Iron new hem
- If logo was cut off, reapply a new one
- Make sure garment is free of wax/chalk markings



Please, no food or drink while working on lululemon garments

Thank you!

Samples of: Unacceptable cover stitched hems



View of the lower looper stitching from inside garment: Ensure that the raw edges are not exposed and threads are trimmed



Original hem must be unpicked before rehemming

Raw edges must be covered by the cover stitch



Inside the garment:

Lower looper stitches are skipping & thread tension needs adjusting

Overlap of the beginning & end of hem to be done on the inseam

Outside the garment:

The right side of the fabric may not always show that stitches are skipping

Samples of: Acceptable cover stitched hems



View of the lower looper stitching:
Raw edges are covered by the cover stitch
Result: a nice clean look
Pants can be worn reversibly



Pant side seams feature ruching or gathering
Pants have been shortened; depending on the amount
being shortened, ruching is in the hem allowance



There is a 1" overlap on the hem to prevent the
hemmed cover stitch from unraveling

The seam will look thick & "bulky"



View of hem line on reverse side of pants

Side seams do not quite match at the hem line
This is acceptable

It is always difficult to hem so that side seams line up perfectly.



Slight exposure of raw edge at the hem line
This is acceptable



Loose threads: Excess "looping" threads may be left over from hemming
Do not pull. Simply trim the excess

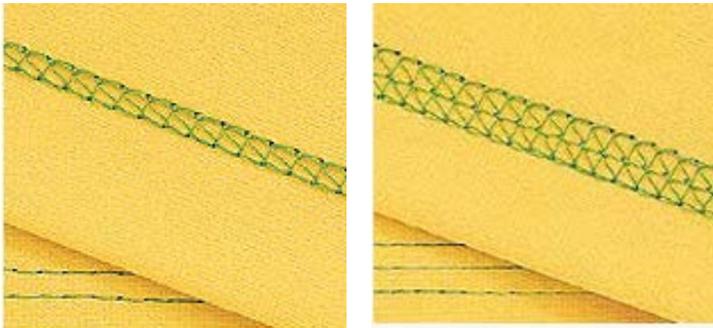


Original factory threads are not available; threads on the new hem do not match the original threads

Hemming vendors must try to match colors as best as possible with current supply of threads.

If unavailable, threads that are a closer match to the original can be ordered: Hemming vendor contacts lululemon store to inform the guest that matching threads need to be ordered – takes about 10 business days to receive new threads

Let guest decide



Alternately, to minimize the difference in colors, use the closest matching thread available & hem with 2 or 3 needles, **without** the upper looper thread

Right side of the hem will result in 2 or 3 rows of stitching



This is a child's hem

The "folded" edge of the hem is not completely covered by the cover stitch & is slightly exposed – acceptable

The stitching is a bit loose
Thread tension needs some adjusting



Reversible pants with 2 colour ways (e.g. purple & black pants as shown above) are hemmable, but guest will lose the reversibility feature of the pant. It takes 3-5 times as long to rehem according to the original hem, affecting the hemming vendor's committed turnaround time.

The colour way to be worn must be specified on the hemming slip
Pants will be hemmed as shown in the above grey pants & not as per originally hemmed

HEMMING WOVEN FABRICS



Original Hem:

Hem allowance is folded under twice

Hemmed with 2 or 3 rows of straight stitching



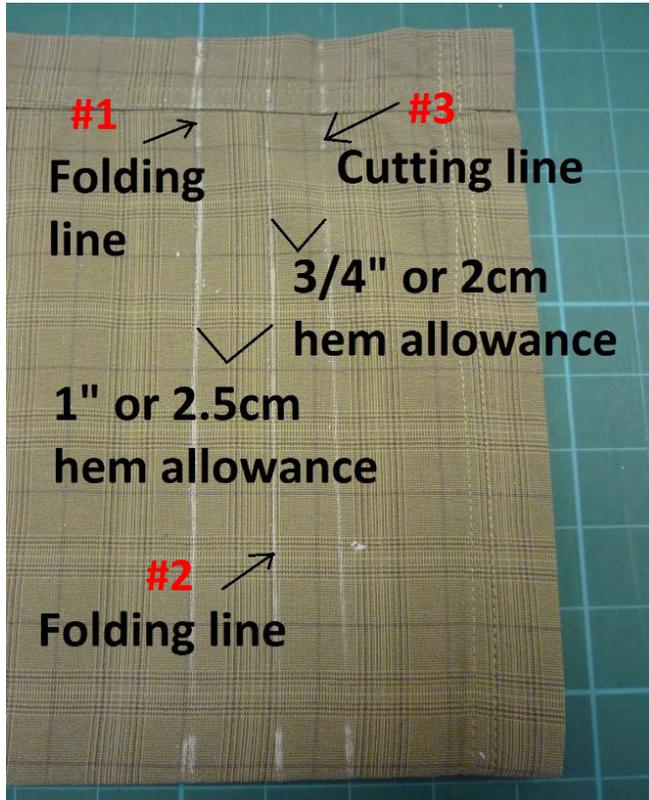
Original Hem:

This raw edge is serged first then hemmed with 3 needles, no upper looper cover stitch seam.

Serging the raw edge (or cover stitching) prevents fabric from fraying after multiple washes

Garment is hemmed; raw edge of fabric is covered by lower looper thread, resulting in a clean finish

Re-hemming woven pants, using cover stitch seam, by double folding:



Unpick original seam if needed; any drawstrings on original hems will be lost

#1: Mark the desired new length (folding line)

#2: Mark the 2nd folding line, providing 1" hem allowance

Add an extra 3/4" to hem allowance

#3: Mark the cutting line

Once sewn, this double folded hem results in a smooth finish

Replicate original hem:



Use a 2 or 3 needle, no upper looper cover stitch seam as shown

or

Use a straight stitch machine, sewing 2-3 rows of parallel stitching

Pants with gathered side seams & liners:

Re-hemming with a double fold as described above is recommended, since it can be difficult for the new hem line to be cut evenly

Woven pants with liner should be **shaken out after** being cut

Trim any excess so that liner does not hang beyond the new hem

Samples of unacceptable hems: Woven pants



Excess fabric should not be showing



Lined or unlined pants:

Excess fabric at the side seams can occur, especially when side seams of the pant legs have some gathering

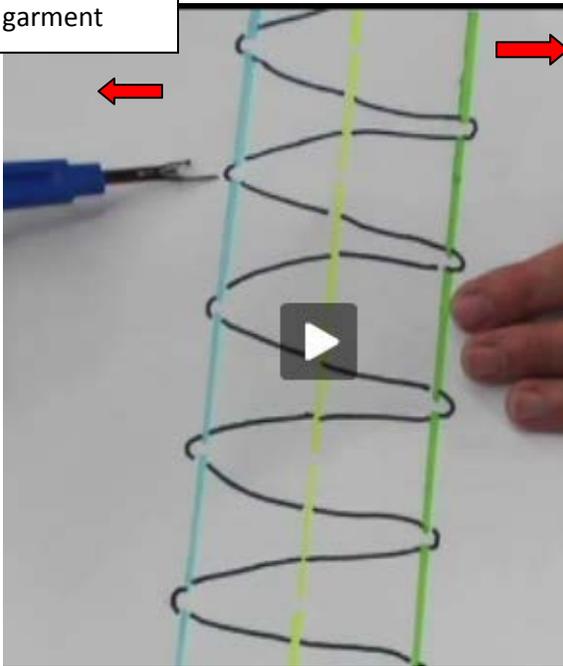
Best practice: Hem with a **double fold** as per above instructions



When hemming with a cover stitch, the inside hem must look neat & without exposed raw edges

HOW TO: UNPICK THE COVER STITCH

Towards waistband /top of garment

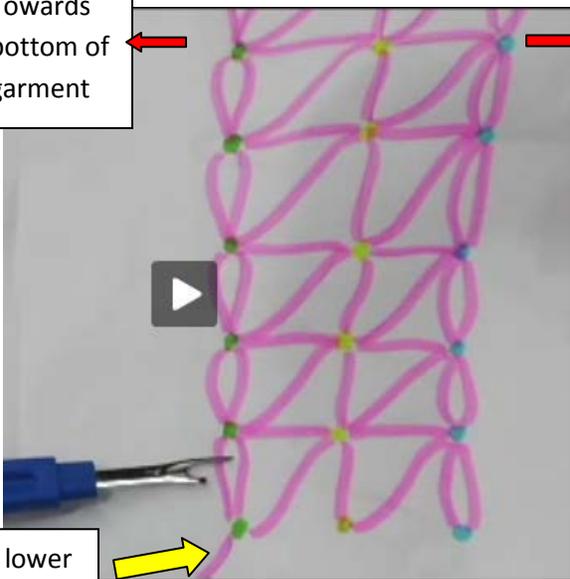


Towards bottom of garment

View of cover stitch from the right side of garment

Blue thread = Left Needle Thread
 Yellow thread = Center Needle Thread
 Green Thread = Right Needle Thread
 Black Thread = Upper Looper Thread

Towards bottom of garment



Towards waistband/top of garment

View of cover stitch from wrong side of garment

Blue thread = Left Needle Thread
 Yellow thread = Center Needle Thread
 Green Thread = Right Needle Thread, on your left
 Pink Thread = Lower looper

The lower looper thread is made up to 2 sets of chain stitches (loops)

To unpick, pull the lower looper thread (yellow arrow) & it will unravel

Pull the lower looper thread to unravel



Using a seam ripper, cut through all threads:



Gently pull the loosened lower looper thread – the stitches will unravel

For more detailed instruction & tips, please refer to the 25 minute hemmingtraining video.

Simply click on the following link:

<http://lululemon.flvservers.com/hemming/>

The unpicking section starts at about 9:20 minutes

HOW TO: HEM TOPS

Tops, including tanks, will have straight or curved hems.
To hem, follow the original hemline.



Fold top so that side seams are together.

Mark cutting line & folding line all around
Cut, sew.



HOW TO: SEW AN IVIVVA CHILD'S HEM

Child's Hem/Kid's Hem:

Allows the guest to have their garment let down as they grow.

If available, a total of 2 ½" of fabric is folded up to give the guest a full child's hem.

If this amount of fabric is not available, adjust to allow for as much fabric to be saved as possible.



Child's Hem is turned under twice, by 1¼"

How to: Hem Raw Edges

The hems of some garments are left as raw edges rather than finished with a stitched hem. To account for fabric rolling up, add $\frac{3}{4}$ " to the "pinned" hem.

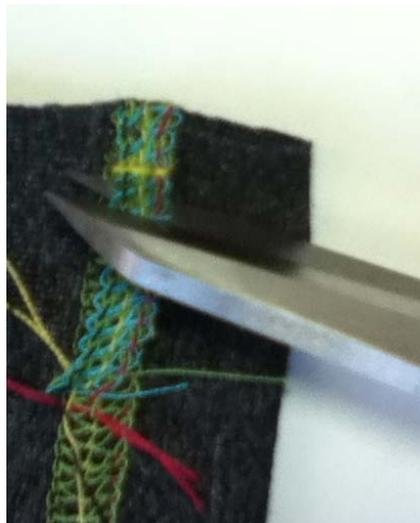
Prevent seams from unraveling by bar tacking. This can be done with a single needle machine



Sleeves will lose their thumbholes



How to: Hem Garments with Slits



Sew "tails" at the beginning & end of the hem. Fold tail towards wrong side of seam. Tack down with single needle machine. Trim excess tail.



View of finished hem from inside garment

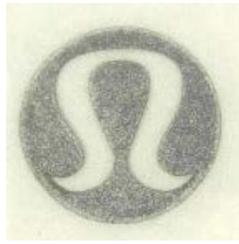
How to: Apply lululemon/ivivva Logos

Silver Reflective Logos are 1/2" in diameter

Logos are set between a white, waxy sheet & a clear plastic sheet.



ivivva logo: diamond shaped

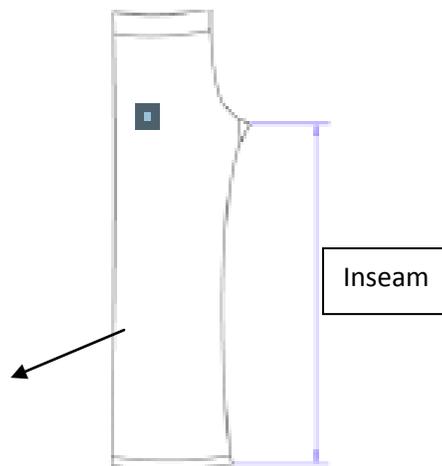


lululemon logo: stylized a

To apply:

Remove the white waxy sheet

Place logo (with the plastic) on the back of left leg, approximately 3" above hem, & 1" to the right of side seam:



Approximate Logo placement

With medium heat, place iron directly over the logo for about 3 seconds. Do not shift the iron.

Remove the iron carefully & lift off the plastic sheet. If logo still sticks to the plastic, re-iron for another second.

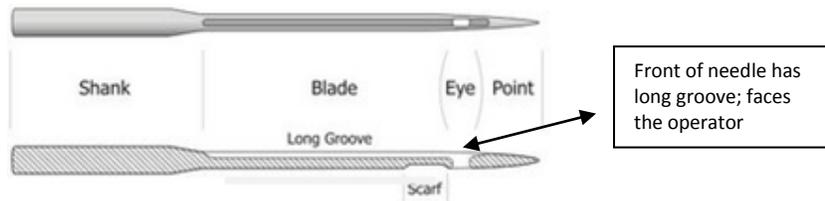
Place iron directly on the logo for another 3 seconds.

NOTE: Multiple logos must NOT be applied

NEEDLES ON COVER STITCH MACHINE

Cover Stitch Machine needles are about 1 ¼" long and have a long groove along the length of the blade. Groove must face the operator.

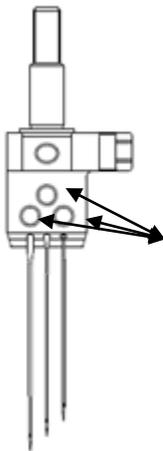
Needles must always be in good condition & should be changed after about 8 hours of sewing to prevent problems such as skipping stitches, fraying, etc.



Use Regular or Sharp Point needles on woven fabrics. **DO NOT USE** on knit; these needles will cut the threads, causing runs in the fabric



Ball Point (BP) needles have a rounded tip allowing the tip to glide through the loops of **knit** fabrics such as lululemon's luon fabrics



Each needle is held in place by very tiny screw holders. To remove & reinsert needles, loosen the screw – it does not need to be completely removed. When changing needles, all 3 needles should be replaced



Organ Needles, UYx128GAS, are recommended for the Cover Stitch machine

For regular knits e.g. Groove pants: size #12 BP

For heavier knits e.g. French Terry: size #14 BP

For woven fabrics, depending on fabric weight:

Size #12, #14 Regular needles