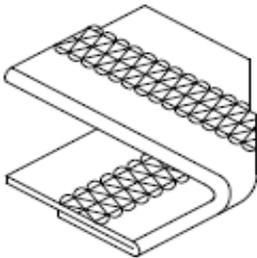


About: COVER STITCH

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.

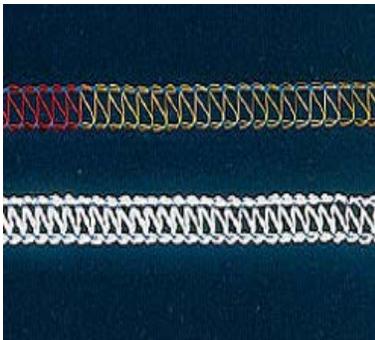
The majority of lululemon and ivivva garments are hemmed with the 3 needle cover stitch. When hemming, replicate the seam allowances, which can range from $\frac{3}{4}$ " to about 2." Most pants have a 1" hem allowance.

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

Match waist/hip seams & pin



Pants are pinned at waist/hip seams & gusset



Use hemming gauge to measure amount to be hemmed

Mark folding line

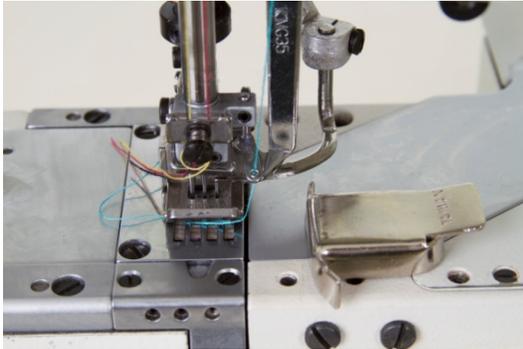


Mark Cutting line, which is usually 1" from folding line

Otherwise follow original hem allowance



Draw the folding line all around both pant legs



Fold hem allowance under

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

- Sew on the right side of the fabric
- start about ½" before the inseam
- finish the hem by overlapping stitches 1"

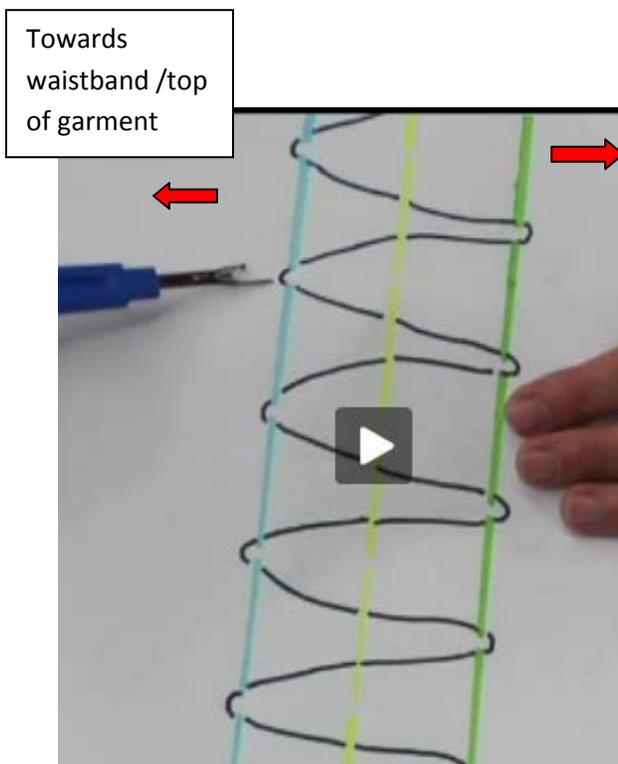


View of the lower looper stitching from inside garment:
Ensure that the raw edges are not exposed as shown



View of the lower looper stitching:
Raw edges are covered by the cover stitch
Result: a nice clean look

HOW TO: UNPICK THE COVER STITCH

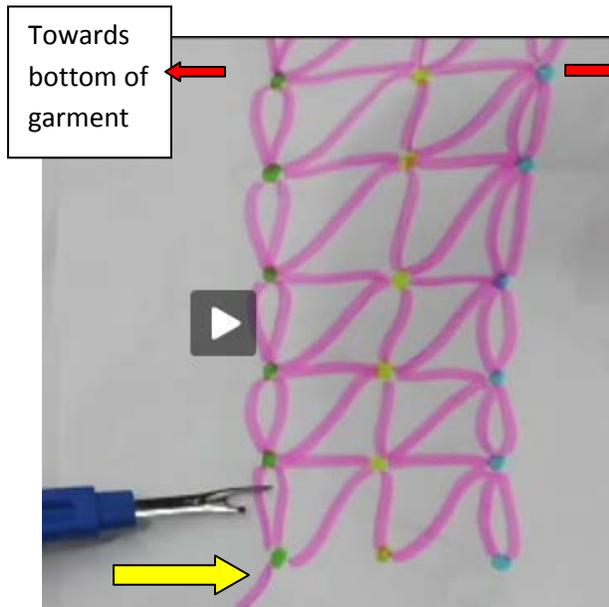


Towards waistband /top of garment

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

