

# Variations on a Theme 1 by *Nancy Bednar*

## Lesson Objective:

To experience and learn more about My Label 3D Fashion Pattern software as well as to explore the creative opportunities that the 20 Basic style patterns can offer. This class will focus on the Basic T-shirt style. Three different T-shirt variations have been created with this class focusing on Variation 3.

## Lesson Machine and Software:

Any BERNINA<sup>®</sup> embroidery machine  
Any BERNINA<sup>®</sup> Serger + Cover Stitch capability  
My Label 3D Fashion Pattern Software  
BERNINA<sup>®</sup> Embroidery Software (optional)

## Lesson Outcome:

To create a T-shirt Variation that includes a neckline change, creative details with Paintstiks, and embroidery accents.



When a composer is asked to create a musical score for a movie, he writes a customized, central melody, one that wafts throughout the entirety of the film. As the story unfolds, the basic melody repeats itself, accompanied by subtle chord and tempo changes – “variations on a theme”. This will be the focus of this series of lessons— “Variations on a Theme”. We’ll explore a different basic style in each lesson and simply and easily create different variations on that basic style. This lesson takes a look at the basic T-shirt style.



My Label 3D Fashion Pattern software works in much the same way as the composer does, but in a fashion sense. A personalized, measurement specific mannequin, our “central theme”, is developed to dress in classic and flattering designs. Initially, the basic fit – the original “theme” of the design, is brought to life in the fitting muslin, is fine tuned and premiered in fashion fabric.

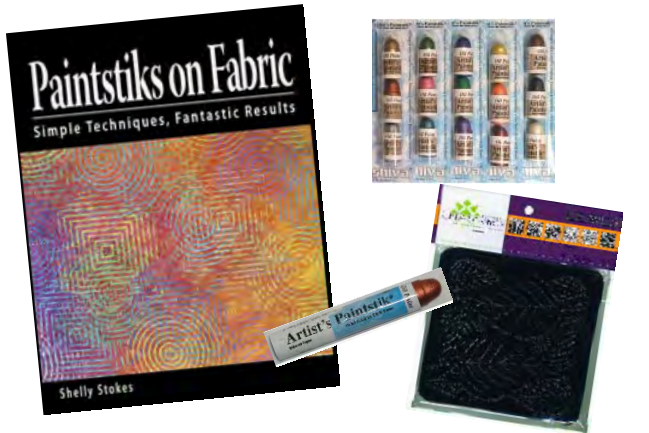
Soon, though, you might wonder . . . “What happens if I change a sleeve length, neckline style, or add an embellishment? Can this style be longer, shorter, slimmer or wider?”

My Label software easily accepts these design challenges providing the designer – *YOU* – with a personalized 3D mannequin that previews your individual style – *YOUR* “variation”.

So, are you ready to create?

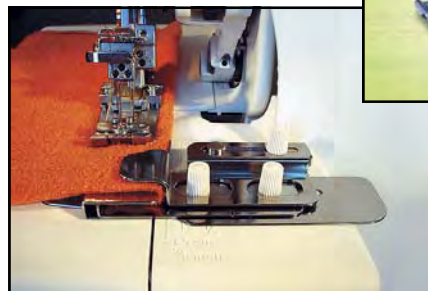
# BERNINA<sup>+</sup> Online Classes

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### Supplies needed:

- \* My Label 3D Pattern Fashion software
- \* BERNINA<sup>®</sup> Sewing/Embroidery machine
- \* Edgestitch Foot #10/10C
- \* BERNINA<sup>®</sup> Serger with Cover Stitch capability
- \* Cover Stitch Foot
- \* Cover Stitch Hem Guide
- \* Knit fabric per My Label t-shirt pattern
- \* *Paintstiks on Fabric* by Shelly Stokes
- \* Shiva Paintstiks in desired colors
- \* Rubbing Plate(s) as desired
- \* Temporary spray adhesive
- \* OESD Stock Design Pack #12158 Eastern Majesty
- \* V.5 BERNINA<sup>®</sup> DesignerPlus Embroidery Software—*optional*
- \* Mega-Hoop (*if your embroidery machine has this capability*)
- \* OESD PolyMesh Cut-Away Stabilizer
- \* OESD Ultra Clean and Tear Stabilizer
- \* Organ Ballpoint needles, size 80/12
- \* Isacord Thread as desired for embroidery motifs
- \* Beads as desired
- \* Chalk Marking tool
- \* Pins



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“Boutique Details” T-shirt



### Creating the T-shirt style in the My Label software

The My Label software makes it easy to duplicate “pricey” ready-to-wear items. Use the pattern styles as is or change and add details as desired. In this variation of the T-shirt, we will be creating 3/4 sleeve styling, a V-neckline, adding painted accents, and adding embroidery with the Mega-hoop. Finally, we’ll use the serger for garment assembly as well.

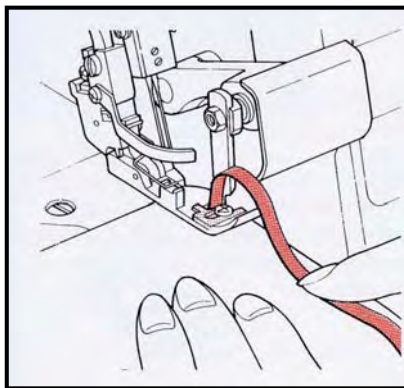
- \* Begin by opening the My Label software
- \* Select your Model
- \* Select the T-shirt style with the long sleeve option
- \* Adjust the sleeve length to create a 3/4 length sleeve by adjusting the “**Arm Length fr Shoulder**” measurement.

Style Properties (Centimeters)					
Bust	92	Neck Base	37	Bicep	29.5
Waist	74	Across Shoulder	40.6	Wrist	16.3
Hip	98	Shoulder Slope	5	Finished Length fr CB	59
Armhole Depth	19.5	Arm Length fr Shoulder	48		
Back Waist Length	40	Short Sleeve Length	18		

- \* Enter the desired sleeve length.  
(The sample T-shirt 3/4 sleeve length measures 48cm)
- \* Select the Simulate option to view your style change on your model.
- \* When pleased with your sleeve adjustment, print the pattern pieces.
- \* Place pattern pieces on your selected fabric and cut out the following pieces—
  - \* (1) Shirt back
  - \* (1) Shirt front with the default rounded neckline—this will be adjusted later
  - \* (1) Single sleeve—this will be left un-embellished
  - \* (1) Other sleeve—cut this piece at least 2” larger along all edges
  - \* DO NOT cut out the neckband—we’ll be creating a new one

*Nancy's Tip:* Save ALL of the knit fabric scraps. These will be used to create a NEW neckband as well as for testing embroideries and painting techniques.

Steps 2-3



Step 7



### Creating a "V" neckline

1. Select a favorite "ready-to-wear" V-neck t-shirt with a comfortable neckline.
2. Position this t-shirt on top of the cut out basic t-shirt front, matching shoulders but placing them slightly lower on the cut out piece to allow for the seams already sewn into the "ready-to-wear" shirt. Match the center fronts.
3. Place a pin at the lowest point of the V-neck on the "ready-to-wear" shirt. (*indicated with blue circle*)
4. Raise the ready-to-wear shirt slightly and transfer a chalk mark to the center front (CF) of the cut out shirt front as shown below.
5. Using a clear ruler and a chalk-marking tool, connect the center dot marking to the shoulder seams, creating a new V-neck opening.



6. Cut a new front neck "V" opening.
7. Using a serger, seam the front and back of the t-shirt together at the shoulder seams.

*Nancy's Tip:*

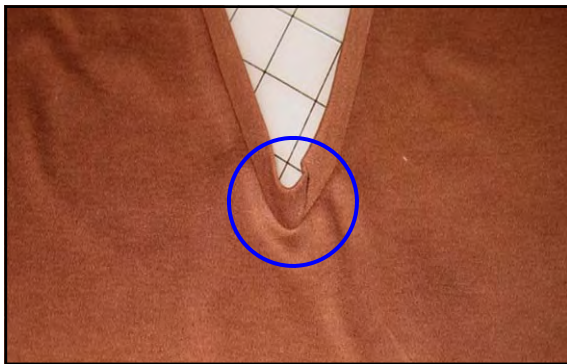
Remember to serge in a piece of clear elastic at the shoulder seam. This will add stability to the seam, just like it is done in "ready-to-wear". Use the built-in tape guide on the standard serger presser foot to hold the elastic in place. See picture to the left.

8. Press the seams towards the shirt back.

Steps 14-15



Step 18



### Creating a “V” neckline (cont’d)

9. Measure the entire length of the new V-neck opening from front to back. Depending upon the stretchiness of your knit fabric, calculate for either  $\frac{2}{3}$  or  $\frac{3}{4}$  of the total measurement for the overall neck figure. Add  $\frac{1}{2}$ ” for two  $\frac{1}{4}$ ” seam allowances.
10. Cut a new neckband equal to this measurement x  $1\frac{1}{2}$ ” tall.
11. This is now your new neckband for the V-neck opening.
12. Serge the neckband together at the short ends using a  $\frac{1}{4}$ ” seam allowance, press.
13. Fold the seamed neckband in half, wrong sides together, press.
14. Quarter fold both the seamed neckband as well as the neckline, using pins to mark the positions.
15. Pin the neckband to the neckline, matching the quarter marks.
16. Serge the neckband to the neckline; gently coaxing the center “V” point of the shirt front straight when approaching the center front.
17. Continue serging the remainder of the neckband in place.
18. Press the neckband up with the seam allowances facing down towards the body of the T-shirt. A bump will appear at the center front “V” of the T-shirt as indicated by the blue circled area. This is correct. Turn the T-shirt wrong side out.
19. Fold the T-shirt in half along the center front. The excess fabric at the neckband will fold out and away from the body of the garment.
20. Chalk in a straight line through this excess fabric as shown below. This will become the stitching line to create a dart and remove the fullness.
21. Sew in the neckband dart along the chalked line; turn the T-shirt to the right side and press flat.



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Steps 1-3



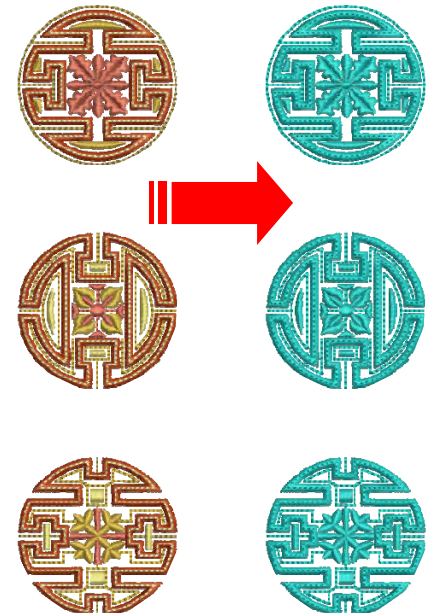
## Creating a “Boutique” inspired sleeve

1. Following the directions found in the *Paintstiks on Fabric* book by Shelly Stokes, spray the rubbing plate with temporary spray adhesive; place it underneath the sleeve and paint.
  2. Transfer as much paint as desired.
- Note:** The rubbing plate used for the sample shown was placed on the diagonal to create a diamond shaped rubbing.
3. Again, following the directions from the book, allow the painted sleeve to dry and cure, heat set it, wash and dry.

## Embroidery process for the sleeve

1. From the OESD Stock pack collection “Eastern Majesty” - #12158, select the designs of your choice and load into either your BERNINA<sup>®</sup> embroidery machine or your BERNINA<sup>®</sup> embroidery software.
- Note:** This design pack can be purchased from either your local BERNINA dealer or from the Embroidery Online website at [www.embroideryonline.com](http://www.embroideryonline.com)

2. If available, select the Mega-hoop for the easiest embroidery designing and stitching process.
3. Select the designs of choice; the sample shown used three different round medallions.
4. Arrange into a single line formation.
5. If you are working with the embroidery software, use the alignment tools for perfect placement within the hoop.
6. Save the “3 medallion” design just created.
7. The colors can be changed in the machine or software before stitching, or simply engage the Monochromatic embroidery function and select your color of choice.



*Nancy's Tip:*

Due to knit fabric being used for the embroidery process, both the satin and step fill densities of these designs should be decreased to 80%. Do this either before the design group is saved in the embroidery software, or at the machine prior to stitching.

## Variations on a Theme 1 by Nancy Bednar

### Embroidery process for the sleeve (cont'd)

*Nancy's Tip:* Before working with any Embroidery stabilizer products, go to the iron and simply steam to release any "relaxation shrinkage" of the product. This is particularly important when adding embroidery to garments.



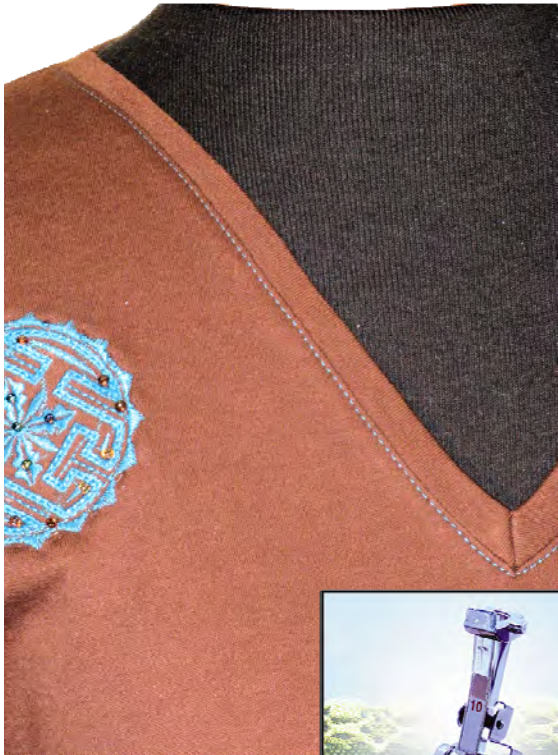
8. Using temporary spray adhesive, layer two pieces of OESD PolyMesh Cut-away
9. Back the double layer of PolyMesh Cut-Away with a single layer of OESD Ultra Clean and Tear stabilizer.
10. Spray the top layer of PolyMesh Cut-Away, center and adhere the centered, painted sleeve piece.
11. Hoop all of the layers in the Mega-Hoop and embroider the motif.
12. Remove from the hoop from the machine and clip thread tails as needed.
13. Remove the excess tear-away stabilizer
14. Trim as much of the PolyMesh stabilizer away as well.

### Additional embroidered elements

1. Don't waste your test embroideries!
2. The Eastern Majesty medallion designs make the perfect fusible "patches".
3. Cut out one of the medallions from your test embroidery, back with fusible web and sew onto the t-shirt front using a decorative stitch.
4. Don't forget to stabilize from behind with Tear-Away stabilizer.
5. It's the perfect add-on—it matches and looks like you intended this design element all along!
6. For a little bit more pizzazz, add some beads as well.



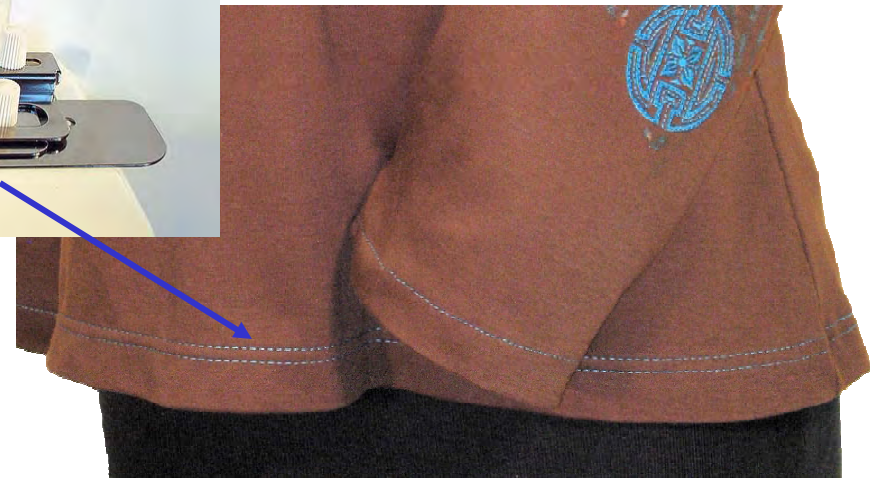
Step 2



### Final Assembly and Special Details

1. Complete the assembly of the T-shirt per the My Label pattern directions.
2. Attach Edgestitch Foot #10/10C and add a touch of color at the neckline by edge stitching in a contrast color at the neckband, echoing a color from your embroidery
3. Use the serger and Cover Stitch Hem guide for a perfectly professional cover stitched hem finish at the lower edge of your T-shirt.

Cover Stitch Hem Guide



*Nancy's Tip:*

It is important to remember to remove the Cover Stitch Hem Guide as you approach the beginning point of the shirt hem. The guide cannot stitch over the beginning of the hem. As the Hem Guide approaches to within 3" of the beginning of the start point, lower your needles into the hem and unscrew the guide. The hem fold line is adequately established and it is easy to guide the remaining cover stitches towards the starting point for a flawless finish!



“Boutique Details” T-shirt



## Conclusion

### Some Final thoughts from *Nancy*—

- \* The My Label software is so fun and easy to work with!
- \* The basic styles are great as is or offer an amazing blank palette for you to create with!
- \* From One basic T-shirt style—it is easy to create three unique different variations that include wonderful “boutique style details” found in many high-end fashion retail outlets.
- \* Enjoy and create your own personal Variations on a Theme!

Work with layers of sheer fabrics and add serger ruffle finishes!



Change your T-shirt into a sleeveless variation with a cinched ribbon tie waistline, decorative stitching and pintucks!

