

Cover Stitch Basics by Nancy Bednar

Lesson Objective:

To become proficient in basic cover stitching.

Lesson Machine:

BERNINA[®] serger with Cover Stitch capability.

Lesson Activities:

- Create 6 cover stitch samples.
- Use the “floating” toes of the Cover Stitch Foot as a guide when stitching seams, hems, and necklines.
- Use the Cover Stitch Hem Guide to stitch perfectly placed hems.

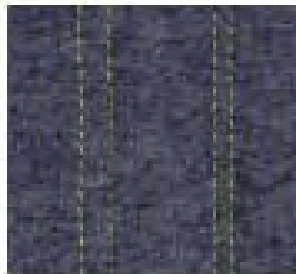
Lesson Outcome:

Proficiency in stitching cover stitch hems and necklines in knit and woven fabrics.

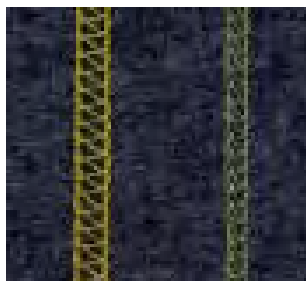
Simple knit garments are made “ready-to-wear” attractive by the addition of cover stitch accents at hems and necklines. Make exact copies of high-end garments for a fraction of the cost by using a stitch pattern that is used in garments from mid- to high-end design lines.

The following machine features and accessories are used in this serger lesson: *Note: Not all of these features are found on all models of BERNINA[®] sergers.*

- Cover Stitch Mode
- Cover Stitch Foot with “Floating” Toes
- Standard Presser Foot with Tape Guide
- Cover Stitch Hem Guide



Wide Cover Stitch, Top
Narrow Cover Stitch, Top



Wide Cover Stitch, Bottom
Narrow Cover Stitch, Bottom

Simply described, a Cover Stitch is a serged stitch using two or three needles and a dedicated lower looper. The upper knife is disengaged, so **no fabric is cut**. This enables the sewer to serge anywhere on a garment and not be restricted to the edges only.

The cover stitch is often found in sportswear hems and neckline finishes. Use a contrasting thread in the needles to replicate high-end ready-to-wear looks.

The stitch appears on the upper surface of the fabric as two or three parallel lines of straight stitching (top left); underneath (lower left), the looper thread forms a zigzag pattern between two parallel lines of chain-like stitching. There is no “right” or “wrong” side to the cover stitch; either can be used on the outside of a garment or other project. In fact, exposed seams have been very popular in ready-to-wear for many years.

The Cover Stitch Foot is a Standard Accessory with BERNINA[®] sergers that have Cover Stitch capability. When serging along an edge, the two “floating” toes help compensate for the uneven layers of fabric under the foot.



Cover Stitch Foot
Standard Accessory with
1300MDC and 009DCC

Cover Stitch Basics by *Nancy Bednar*

Lesson Supplies:

Denim or other heavy woven fabric

- One 6" x 10" (horizontal) rectangle

Jersey or T-Shirt Knit:

- Three 6" x 10" (horizontal) rectangles
- Four 5" x 6" (horizontal) rectangles

Sweatshirt Knit or Fleece

- One 6" x 10" (horizontal) rectangle

Serger thread, such as Mettler Metrocor
or YLI Elite Premium Serging Thread

- 009DCC: 3 spools
- 1300MDC: 4 spools

Wash-Away Wonder Tape

Standard Foot with Tape Guide (*optional*)

Cover Stitch Foot

Cover Stitch Hem Guide

TIP: When cover stitching a hem without the Cover Stitch Hem Guide, fuse the hem allowance in place with a narrow strip of fusible web. This will prevent the knit fabric from stretching along the crosswise grain as it is cover stitched into place.

Duplicate Ready-to-Wear Garment Hems

This well-engineered accessory ensures perfectly stitched $\frac{5}{8}$ " (15 mm) to 1" (25 mm) wide hems every time, holding pre-folded fabric edges in position as they pass under the Cover Stitch Foot. With the Cover Stitch Hem Guide, there is no excess fabric to trim from the wrong side of the fabric after stitching the hem.

Sample 1:

Fabric

- one 6" x 10" rectangle of denim or upholstery fabric

Set Up

- Wide Cover Stitch (Left and Right needles)
- regular serger thread in needles and looper
- Cover Stitch Foot, Cover Stitch Hem Guide

Attach the Cover Stitch Hem Guide to the serger following the instructions included with the guide.

Fold and press a 1" hem to the wrong side of the fabric, along the crosswise grain (10" side of fabric).

Place fabric into the guide as shown, with the turned up edge wrapped around the guide as shown. Adjust the guide to fit the 1" hem. Serge hem.

Sample 2:

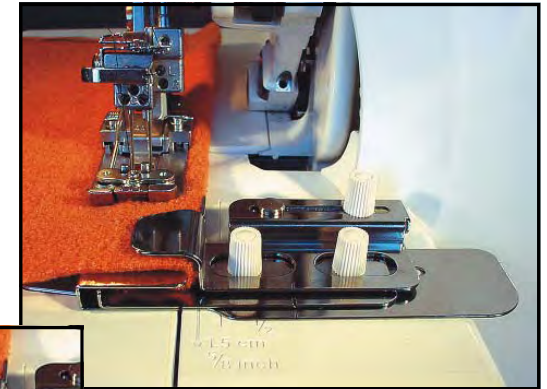
Fabric

- one 6" x 10" rectangle of jersey or t-shirt knit

Set Up

- Wide Cover stitch (Left and Right needles) **or** 1300MDC 3-Needle Cover stitch (Left, Center, and Right needles)
- Regular serger thread in needles and looper
- Cover Stitch Foot and Cover stitch Hem Guide

Same as Sample 1, but set Differential Feed to 1.5, adjusting as needed to prevent stretching and/or rippling of fabric.



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Wash-Away Wonder Tape
Keep folded edges and seams in place—without pins—using Wash-Away Wonder Tape. This adhesive basting tape is specially formulated NOT to gum up needles.



009DCC– Cover & Chain
3-Thread Wide Cover Stitch,
and 2-Thread Chain Stitch

A great addition to the sewing studio which is already home to a serger, the 009DCC is a cover and chain stitch only machine.

Overlapped, Flat Seams

Reduce bulk by overlapping seam allowances and serging them together. The excess fabric is trimmed next to the stitching on the wrong side, simulating the look of a flat-felled seam in a flash.

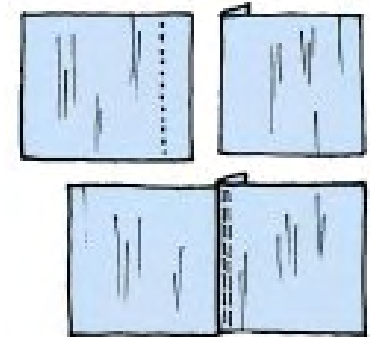
Sample 3:

Fabric

- two 5" x 6" rectangles of knit jersey or t-shirt knit

Set Up

- Wide Cover Stitch (Left and Right needles)
- Regular serger thread in needles and looper
- Cover Stitch Foot and Cover Stitch Hem Guide



Mark 1" seam allowances on one 5" side of each square along the lengthwise grain. Fold under the marked seam allowance (5" side) of one square. If desired, use Wash-Away Wonder Tape to hold in place.

Place folded edge over the seam allowance of the remaining knit square, matching marked seam lines. Hold in place with additional Wash-Away Wonder Tape.

Place overlapped edges under the Serger Cover Stitch Foot with the fold to the right, aligning the fold with the inner edge of the right toe. Serge. From wrong side, trim excess fabric close to stitching.

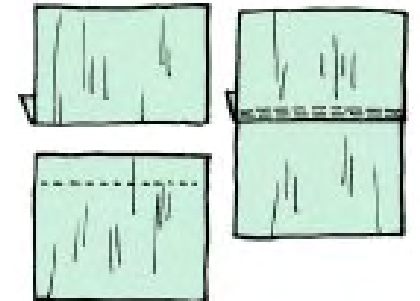
Sample 4:

Fabric

- two 5" x 6" rectangles of knit jersey or t-shirt knit

Set Up

- Wide Cover Stitch (Left and Right needles)
- Regular serger thread in needles and looper
- Cover Stitch Foot, Cover Stitch Hem Guide



Same as Sample 3, but fold seam allowances along the crosswise grain, and adjust the Differential Feed to 1.5 or more, as needed, to compensate for the extra stretchiness of the crosswise grain of the knit fabric.

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1300MDC

3-Thread Narrow Cover Stitch,
3-Thread Wide Cover Stitch,
4-Thread Triple Cover Stitch
and 2-Thread Chain Stitch

In addition to Cover and Chain stitch capabilities, the 1300MDC overlocks, flatlocks, stitches rolled hems and wrapped edges, and has the ability to combine overlock and chain stitching in one operation to produce a true industrial seam.

Eliminate Garment Facings

Because the reverse side of the cover stitch has such a wide band of thread, a simple pressed edge is all that is needed to finish a neckline. Skip time-consuming cutting out, interfacing, and sewing of facings; simply press $\frac{1}{4}$ " - $\frac{1}{2}$ " to the wrong side and cover stitch in place, covering the raw edge.

Sample 6:

Fabric

- one 6" x 10" rectangle of sweatshirt knit or fleece

Set Up

- Wide Cover Stitch (Left and Right needles),
- Regular serger thread in needles and looper,
- Cover Stitch Foot

Cut a round, half-circle neckline in one long side of the rectangle as shown. Press under $\frac{1}{2}$ "; hold in place using Wash-Away Wonder Tape.

Place neck edge *right side up* under the Serger Cover Stitch Foot, aligning the folded edge with the inner edge of the right toe. Serge; the looper threads will cover the raw edges of the neckline hem. From the wrong side, trim excess fabric close to stitching.



Sample 7:

Fabric

- one 6" x 10" rectangle of knit jersey or t-shirt knit

Set Up

- Wide Cover Stitch (Left & Right needles) **or** 1300MDC Narrow Cover Stitch (Left & Center or Center & Left needles),
- Regular serger thread in needles and looper,
- Cover Stitch Foot

Same as Sample 6 (1300MDC—use a *narrow* cover stitch on the lighter weight fabric).