



Lesson 3.4 & 3.5: Hems

THE TASK: Create a continuous loop that demonstrates a continuous single hem and double/folded hem that both meet quality standards.

LEARNING OUTCOME: By completing this task you will:

- Learn how to control the machine
- Learn how to handle the cloth to create a single and folded hem
- Learn how to use the throat plate as a width guide
- Learn how to use the presser foot prong to edge sew
- Create straight, even long hems
- Understand the importance of continuous spool fill and get used to doing this as you sew
- Get used to working to quality standards at speed

PREPARATION: To prepare to complete this task you must:

- Cut two strips of plain fabric 92.5 cm long x 15 cm wide (if you are training in company use the type of fabric you will be expected to work on in production)
- Thread machine with contrast thread, ensuring a full spool is inserted
- Ensure second thread is filling a spare spool/bobbin Set machine stitch to the correct length (2 or 3)
- Check tensions to ensure a well-balanced stitch
- Set auto cut off or have snips to hand
- Ensure the right type of needle is inserted and it is undamaged
- Create and position a continuous loop

- Use a throat plate that has measurement guides or a hem guide attachment as preferred

QUALITY STANDARD: To meet the quality standard you must ensure



- The stitch is even and well balanced
- 10/12 per inch/ 2.5 cm (2 / 3 setting depending on the machine)
- A single hem of 1.25 cm (half inch), edge stitching a foot's width from raw edge.
- A double Hem of 3cm in total (1.5 inch)
- Hems must be flat, even, and straight
- Edge stitch must be on the edge of fold of the hem
- Do not pull the fabric as you sew a hem. This can cause skipped stitches or a roping effect. 'Roping' is a manufacturing fault, where the hem looks like it's twisting around itself. It can be pressed out but becomes visible again after washing.

WORK SAFELY: To complete this task you must follow the safety rules below:


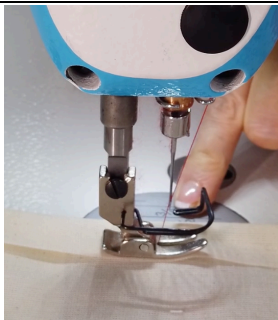
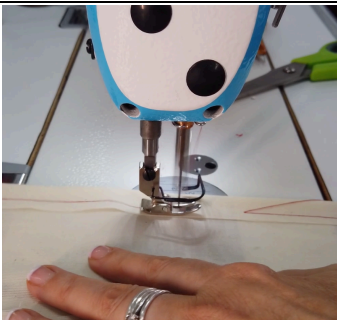
- ensure a finger guard is fitted on the machine
- long hair is tied back
- flat, closed shoes are worn
- no scarfs or long obstructive jewellery is worn
- the chair is set at the right height and positioned correctly, and all tools are to hand
- turn the machine off when not sewing

CARRY OUT THE TASK

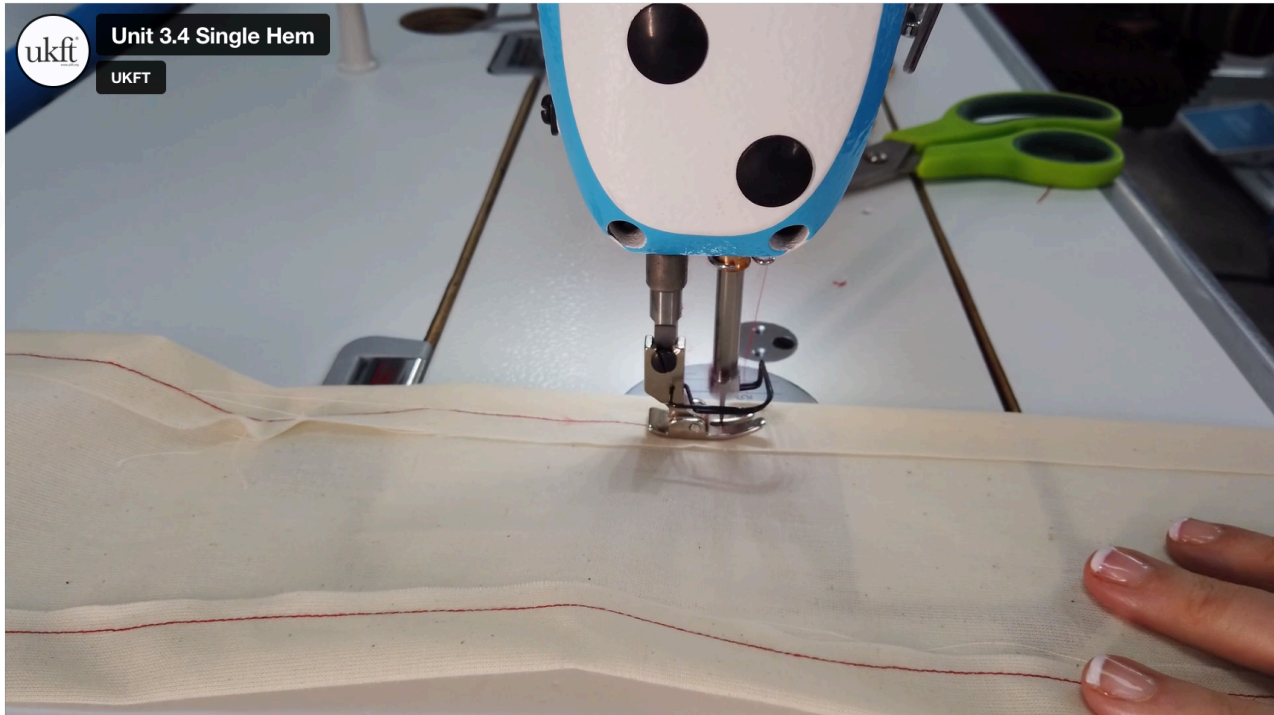
To carry out the task see the instructions below:

	
1. Create a continuous loop cutting two lengths of fabric approx. 91.5cm x 15.cm	2. Apply the loop to the machine as in previous tasks

3.3 SINGLE HEM



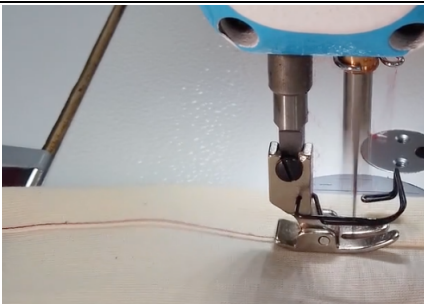
		
3. Check out the guide measurements on the throat plate of your machine. Turn the hem of loop to create a 1.25cm hem	4. Position the folded hem under the presser foot, setting the outer fold of the hem to the right against the half inch guideline on the throat plate, and the with left hand side of the presser foot aligned with the raw hem edge of the hem. Ensure the hem is prepared for sewing i.e. flat and straight	5. Guide the fabric through the needle area with both hands. Sew in short bursts and stop, straighten, and realign the hem regularly. When sewing let the fabric flow though, do not grip the fabric, try to force it through or hold it back. Develop a sewing rhythm – stop straighten align. This will help with speed.

Watch the single hem process video below:



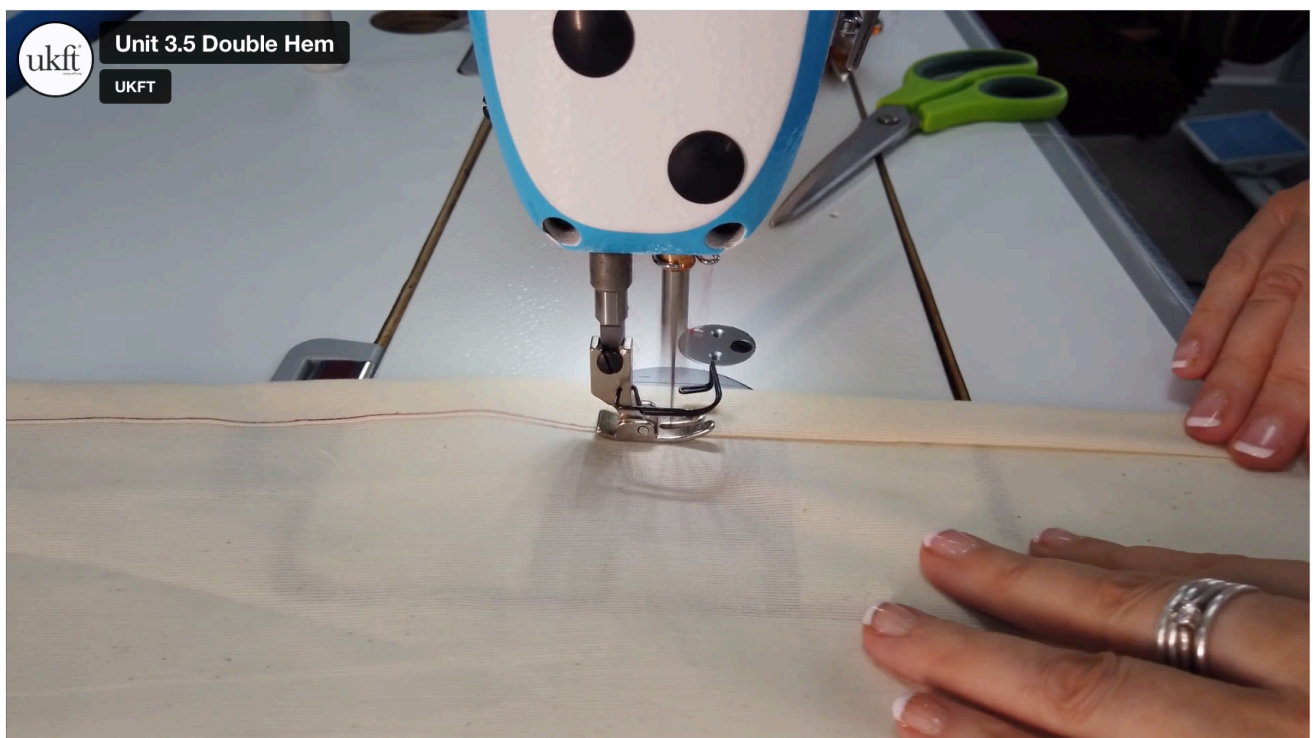
<https://vimeo.com/585724722/d444c62193>

3.3 DOUBLE HEM

		
<p>3. Check out the guide measurements on the throat plate of your machine. Turn the</p>	<p>4. Position the folded hem under the presser foot, setting the inner fold of the hem within the prong of the presser foot and</p>	<p>5. Guide the fabric through the needle area with both hands. Sew in short bursts and stop, straighten, and realign the hem regularly.</p>

hem of loop to 1.5cm then again 1.5 cm to create a total turning of 3cm. Press and rub , using your fingers to warm and flatten the hem.	against the left side of inner prong. Check the width of the hem using your throat plat guide and ensure the out hem is approx. 1.5 cm. Ensure the hem is prepared for sewing i.e. flat and straight	When sewing let the fabric flow though, do not grip the fabric, try to force it through or hold it back. Develop a sewing rhythm – stop straighten align. This will help with speed.
--	--	---

Watch the double hem process video below:



Unit 3.5 Double Hem

<https://vimeo.com/585726396/f515ed497f>

Do not proceed onto the next task until you have hemmed two continuous loops, on both sides, with hems that meet the quality standard and completed the Skills Challenge below:

Skill Challenge 3.7

1. A double hem is created by...
 - Folding the fabric once and stitching the hem twice
 - Folding the fabric twice and stitching along the edge of the inner fold
 - Folding the fabric twice and stitching along the outer edge of the hem
2. What three things can happen if the fabric is pulled too tightly whilst sewing a hem?
 - a. The finished hem can become wavy and out of shape
 - b. The finished hem will be flat and secure
 - c. The finished hem will be strong and difficult to unpick
 - d. The finished hem may have skipped stitches
 - e. The finished hem will 'rope' and become uneven
 - f. The finished hem will unravel and come down
3. What does the term 'roping' mean and how is it caused?
 - The term 'roping' means to use a single thread chain stitch to sew a hem. The stitch looks similar to a rope formation
 - The term 'roping' means the roping effect on a hem caused by incorrect handling
 - The term 'roping' means the look of a double hem if not folded properly