

SINGER® PROJECTS**Sewing Knits on a Sewing Machine**

By Amanda Todaro
Singer Educator

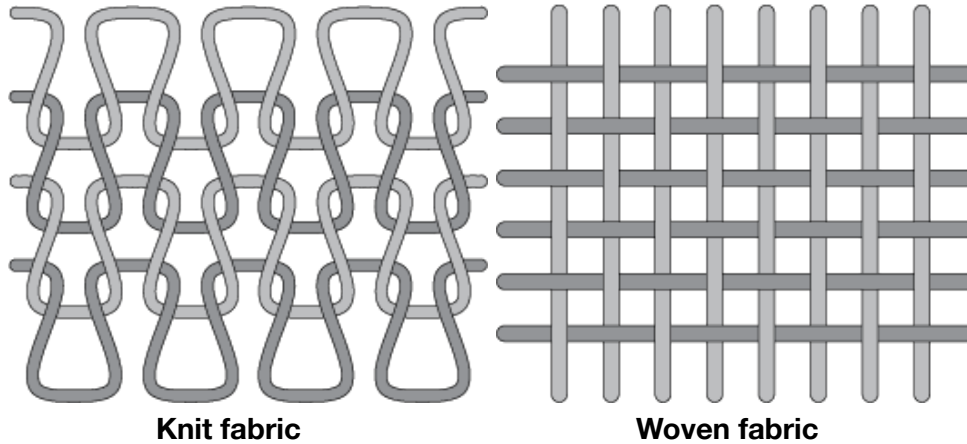


Making your own t-shirt is a great beginner project but sewing knit fabrics can be intimidating! Build your confidence and prepare to sew knits by learning how to set your machine up, which needles to use and what stitches work best on this specific fabric. We will even discuss the difference between knit and woven and why a knit makes a great fashion fabric!

Join Singer Educator, Amanda Todaro, on a live zoom class Thursday, February 22nd at Noon CST to get familiar and excited about sewing with knits. Amanda will walk you through the basics of how to set up your sewing machine (no serger needed!) and some of the most commonly used stitches. She will be featuring the SINGER® Heavy Duty 6700C Sewing Machine available at Michaels.

Supply List: Demonstration class. No supplies needed. Come prepared to take notes and get inspired. You do not want to miss this event!

1. Knit fabrics vs woven fabrics



What is the difference? Knits are created with continuous threads or yarns that are looped or interlocked together which gives the fabric the ability to move. Wovens are created by weaving multiple threads or yarn horizontally and vertically. They can have a slight stretch depending on what the thread is made of but generally they do not stretch.

Why is this important? A fabric with stretch will fit differently than a fabric without. It is important to choose a fabric that is correct for the pattern you are using. A pattern designer will suggest fabrics for their patterns. It is important to follow these recommendations to get the correct fit and drape.

Other ways to test knits vs woven fabrics: Does the fabric wrinkle? Does the edge fray when cut?

2. Examples of knit fabrics

Jersey, rib, knit, ponte knit, sweatshirt fleece, interlock, double knit, spandex

3. Benefits of sewing with knits

- a. Generally, no need for zippers or closures
- b. Allows a closer, smoother fit
- c. Can be softer against the body
- d. Unlikely that seam allowances will need to be finished as knits usually do not fray

4. Understanding the stretch of your knit fabric

- a. 2 way vs. 4 way stretch
- b. How stretchy is your fabric?

See last page for a handy stretch ruler print out!

5. Using the proper needle

Needle options:

[Universal and Ballpoint](#)

[Ballpoint](#)

[Twin Stretch](#)




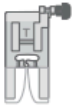

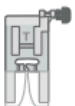

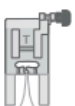

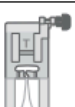

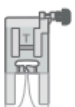





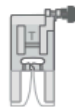
6. Tips for sewing knits

- a. Wash your fabric before cutting
- b. Use polyester thread
- c. Don't pull or stretch fabric as you send it through the machine
- d. Be sure your fabric is not hanging off your work surface
- e. Adjust your presser foot pressure as needed
- f. Use a walking foot as needed
- g. Test before sewing your garment

7. Sewing knits on your sewing machine: Stitch demonstration

- a. Stretch stitch
- b. Zig zag stitch
- c. Multi-step zigzag stitch
- d. Slant overedge stitch
- e. Mock coverstitch using twin needles

Stretch Stitches available on the 6700C

	Straight Stretch Stitch		Stronger than a regular straight stitch, on stretch knit fabrics, because it locks three times — forward, backward and forward again. Use it to reinforce seams of sportswear and for curved seams which take a lot of strain.
	Stretch Stitch		For seams in tricot and stretch fabrics.
	Zigzag Stitch		A very versatile stitch for decorative sewing, applique and attaching ribbons and trims.
	Multi-Step Zigzag Stitch		Finish seam allowances to prevent the fabric from unravelling. When seam finishing, the smaller step of the stitches will help keep fabric more flat than a regular zigzag. It can also be used for mending tears and sewing elastic.
	Overlock Stitch		Sew seam and overcast in one step along the edge or trim later. For medium and medium/heavy stretch fabrics.
	Stretch Blind Hem Stitch		Sew hems that are practically invisible from the right side of the fabric. It is used for garments and other projects made with stretch knit fabrics.
	Slant Overedge Stitch		Seam and overcast in one step along the edge or trim later. For medium and heavy stretch fabrics.
	Closed Overlock Stitch		Sew decorative hems and overlapped seams, belts and bands. For medium/heavy stretch fabrics.

