

Viking knit sewing

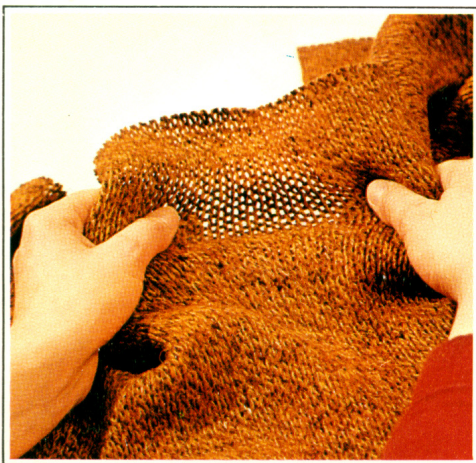


Sewing knit fabrics

Knitted garments are more popular today than ever. Knit fabrics are now available by the yard and the variety varies from heavy-knitted qualities to thin, light qualities. All knitted and crocheted materials have one thing in common; they are practically always very elastic. This must be kept in mind when choosing the model, pattern and method of sewing.

Patterns

Begin with the diagrams at the end of the book or use a bought pattern. There are special ones for knits. If using an ordinary pattern, one size smaller than usual can often be chosen. Use preferably a simple pattern without



too many seams. The length of the garment should be as normal and the width can be reckoned by stretching and testing the elasticity of the fabric. It is a good idea to sew a seam round the neck line and armholes before pinning and trying on, to keep the edges firm. If the garment should be too large when you have sewn it, just sew a new seam inside the existing one and trim the excess material.



Thread

Choose the thread according to the fibre in the fabric; mercerized cotton for natural fibres and synthetic thread for man-made fibres.

Changing the presser foot

You can use the ordinary presser foot or the roller presser foot when sewing thin fabrics. Use the utility presser foot for coarser and very thick fabrics. The thread tension can generally be set at the normal position but it should preferably be a little too slack rather than too tight.

Knit fabrics are porous as a rule and take up more space under the presser foot than other fabrics. Loosen the pressure foot pressure a grade or two. If you find it difficult to get the fabric under the foot, you can disengage the



feed dog at the same time as you put the fabric in place.

Special seams for knits

Knit fabrics are soft and mould themselves to the body. They need supple, elastic seams which will not break.

Your Viking has a wide range of elastic seams suitable for all fabrics.

Several of these seams join and over-cast at the same time. You can produce finished garments in no time. You can sew over the seam allowance direct, or sew a little further in on the fabric and cut the edge away afterwards. Test on a small piece first.

Check that the seam does not become wavy and test the elasticity by stretching the seam and see that it does not break.



Take a look at what you can choose from on your Viking

Overlock stitch – stitch programmer A-Blue – is elastic and binds the edges well. Suits most fabrics.

Double overlock – B-Blue – binds the edges closely. Suitable for loose and poodle fabrics which fray easily.

Overcast stitch – C-Green – is excellent for all fine knits. If you lay one seam allowance over the other and use thread in a matching colour, you will achieve an attractive decorative effect at the same time.

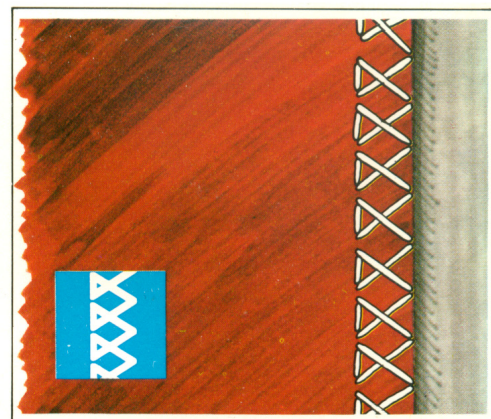
Elastic blindstitch – A-Orange – hems invisibly.

Bridging stitch – C-Red – hems excellently right through the fabric.

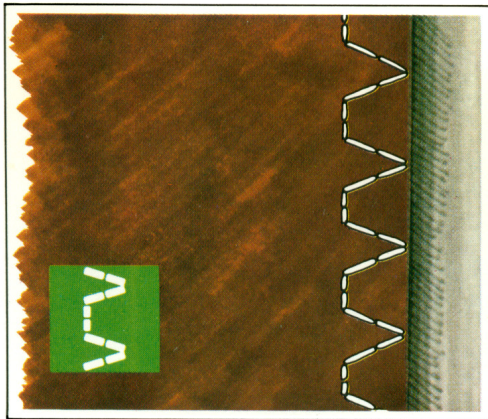
Three-step zig-zag – can be used to sew on pockets, for example, or hem right through the fabric.



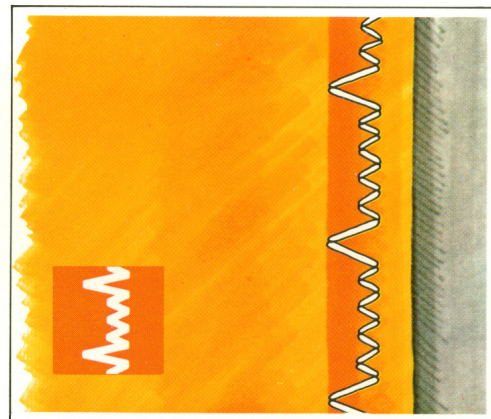
Overlock stitch



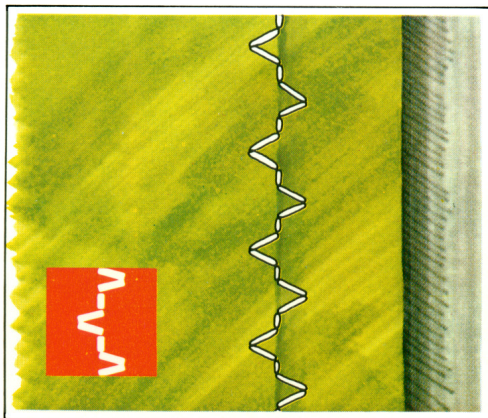
Double overlock



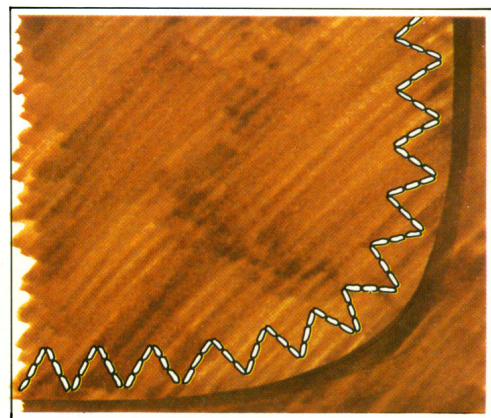
Overcast stitch



Elastic blindstitch



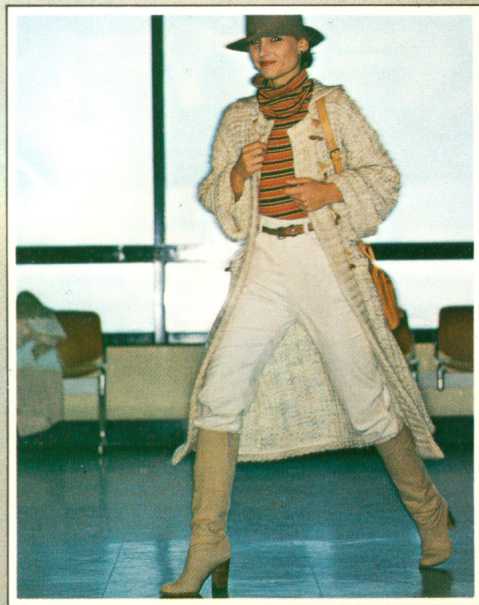
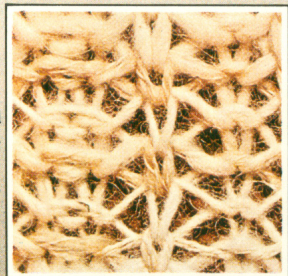
Bridging stitch



Three-step zig-zag

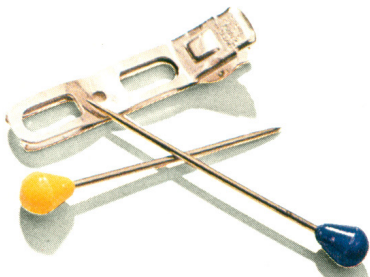
In thick, chunky knits

Chunky knits are best suited for simple, straight models; like the duffle coat here, a chunky sweater or a straight jacket. You will find a diagram for the duffle coat in sizes 10-14 on the second to last page.



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Ordinary pins practically disappear in the fabric so use clips or upholstery needles instead.

The overlock stitch or double overlock stitch would be most suitable here. Use the utility presser foot and loosen the presser foot pressure a couple of grades.



If the fabric is very heavy the neck line can stretch and the shoulders become too wide and ill-fitting. To avoid this, sew a cotton tape over the seam with three-step zig-zag or sew in a tape when sewing the shoulder seams. By doing this, you will also conceal the hem on unlined garments.

Buttonholes in unlined, thick knit fabrics are not very successful. Buy duffle pegs and make your own peg loops of leather or fabric, or include a tie-band in the seam.

How to sew the duffle coat

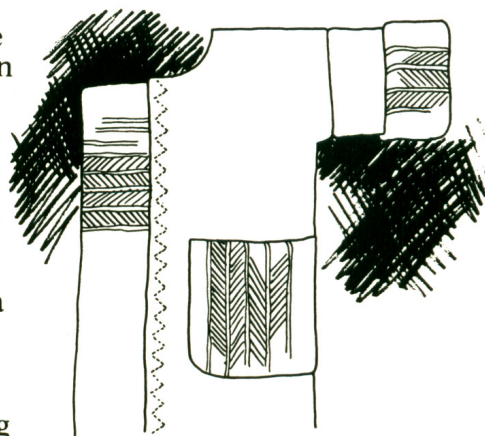
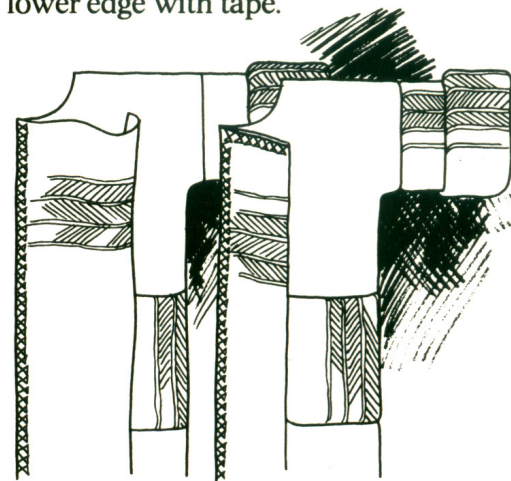
Fold the pocket edges to the wrong side and sew tape on with three-step zig-zag. Match the pockets to the markings on the front piece, fold in the pocket edges, except at the side seams, and sew them on with

three-step zig-zag. Join the shoulder seams with overlock stitching or

double overlocking and then sew in the sleeves. Now sew the sleeve and side seams in one.

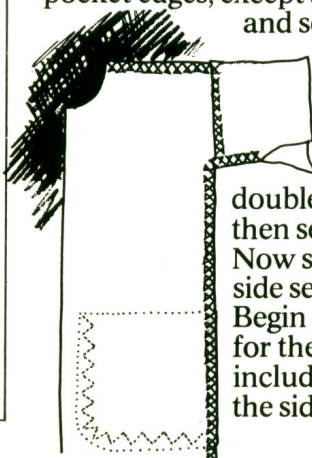
Begin at the marking for the sleeve cuff and include the pocket in the side seam. Turn the

right side out and sew the remaining sleeve seam. Hem up the sleeves and lower edge with tape.



Sew the front borders singly to the front pieces, right sides together. Measure out the length, fold the front borders in two with the right side inside. Sew along the edges at the top and bottom. Turn inside out and fasten the front edges with three-step zig-zag right through from the right side.

Sew the shaping and back seam of the hood. Make a seam right over the tip. Join the hood to the duffle coat with overlock stitching or double overlocking. Place a tape over the seam and sew it on with three-step zig-zag or bridging stitching.



The right details

The great thing with sewing in knitteds is that it is so quick and easy. It is not usually necessary to bother about darts, interfacing and lining.

However, if you wish to have that little "extra" which gives tailored garments their flair, then make elegant edgings and devote more time to the details.

Match with a facing in ordinary fabric and let the edges show on the right side.

Buttonholes

Buttonholes will keep their shape better if you reinforce them with gimp thread (e.g. of buttonhole twist).



This is especially easy with the Viking as the buttonhole foot has a projection at the heel. Attach a gimp thread loop around the projection and sew the buttonhole in the normal way. Pull the gimp thread to the rear and tie the ends.



Why not make a cute appliqué of leather or fabric as buttonhole reinforcement on the right side. If you have a facing of ordinary fabric, no reinforcement is necessary for the buttonholes.

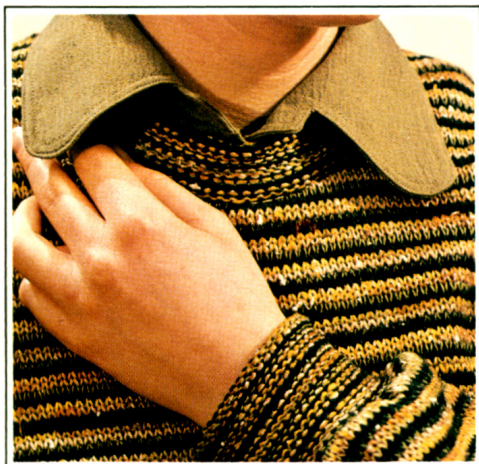
Belt

Instead of making a waistband on a skirt, you can just fold over the edge to form a hem and thread in a wide elastic band, or make a buttonhole in the hem and thread in a tie-belt.

A narrow belt is easily made by folding the knitted fabric in three and sewing with double overlock stitching right through the three layers. Sew along the ends with double overlock stitching and tie a knot at each end.

Ribbings

If you have no suitable ribbings with finished edges for neckbands or cuffs, you can easily make them yourself of a folded strip of the knit fabric. Cut a strip slightly shorter than the neck line. Join it to make a ring, with the right side inwards, turn right side out, and then fold it double. Divide it and the neckline into four equal parts, mark with pins and pin them together,



matching the pins to each other. The cuffs are done in the same way.

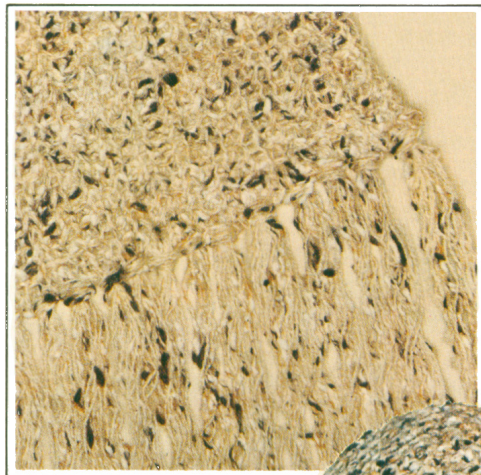
V-neck

If you are making a V-neck, you can either cross the strips over each other in the middle, or make a seam in the middle of the V - look at the sketches.



Soft, woolly and cuddly

Make outdoor favourites for sporting and walking in soft ribbed or poodle fabric. You will find diagrams for the cap, stole and waistcoat on the second to last page.



If you would like to have a fringe in the same yarn as the stole, begin by unravelling enough yarn. Sew the long and short side which are not selvedged with three-step zig-zag. Knot the fringe. A thicker fringe can be knotted of multi-yarn cuts in matching colours.

When sewing the chic cap with the rolled edge, begin by sewing the crown sections with double overlocking (B-Blue) and the long seam as far as



the markings. Turn the right side out and sew the remainder of the seam. Overcast the lower edge with three-step zig-zag. Fold the rolled edge in two and the cap is finished.

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The stroller waistcoat is made of chunky knit fabric and corduroy. The pattern fits size 10-12 but is easily enlarged. Add 1 cm at each side and to the length for every larger size.

Sew the pocket first. Fold the corduroy strips over the side edges. The underneath should be slightly wider. Sew from the right side with double overlocking (B-Blue) through all layers of fabric. Sew and turn the upper edge of the pocket with double overlocking and fasten it at the lower edge with double overlocking. Fasten the sides of the pocket with straight stitching, just below the middle. Overcast the lower edges of the waistcoat with double overlocking and

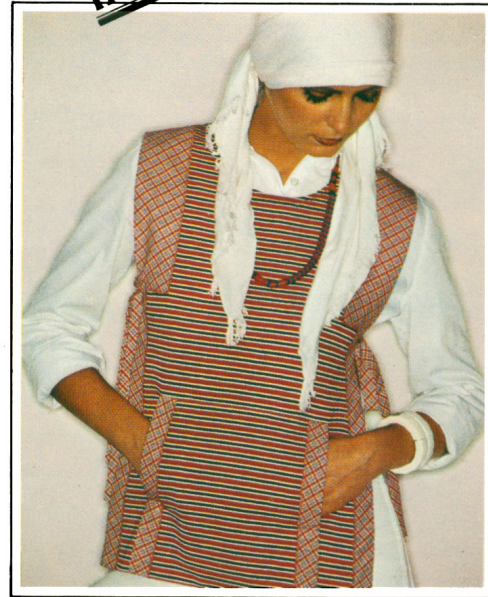


make the hem with blind hemstitching

Sew the corduroy edges at the bottom and join them to the waistcoat with double overlocking in the same way as the pocket. Join the shoulder seams with double overlocking. Fold over 1 cm round the neckline and sew with three-step zig-zag.

Sew and turn the tie-bands and sew them on at the waistline.

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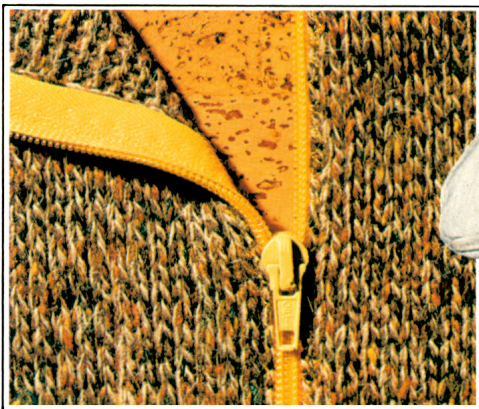
The waistcoat made in fine knit fabric is just right for the summer and for parties. Cut strips of ordinary fabric on the bias for the edging.

If you are in a hurry, edge the whole waistcoat with ready-made, wide bias binding. If you put the tie-bands higher up, it becomes an attractive maternity waistcoat.

Use a supple zipper

Supple, plastic zippers suit knitted fabrics best. They are available in all the colours of the rainbow. Choose the same colour as the fabric or a completely contrasting colour just for fun.

Begin by fastening Scotch Magic tape (which will not leave ugly marks) on both sides of the markings for the opening. This will keep the fabric firm. Cut the opening. Place the zipper, upside down, below the opening, right sides together. Sew a few stitches over the lower edge of the zipper. Carefully cut two small snips, turn the zipper over and sew the long sides on the wrong side, with the zipper presser



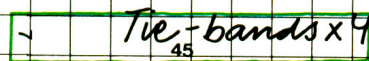
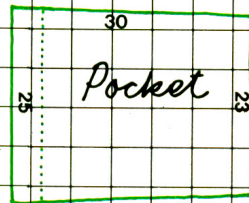
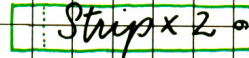
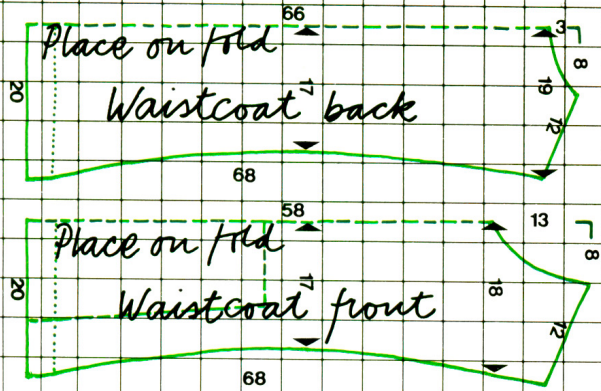
foot as near the teeth as possible.

A divisible zipper is easier to sew in. Lay the zipper edge-to-edge to the fabric, right sides together, and sew alongside the teeth, using the zipper foot.

If using a thick, woolly fabric, sew the edge with three-step zig-zag from the right side. This will stop the fabric fastening in the zipper.



Pattern diagrams, including all seam allowances



Use squared paper or draw 5 cm squares on a large piece of paper. Start by drawing all the lines which cross the squares in the diagram. Fill in the lines and cut out.

Material Required

Duffle Coat fabric	2.85 m (3 1/4 yd) 130-140 cm (50-54 in) wide
Cap	0.45 x 0.50 m (1/2 yd x 20 in)
Stole	0.30 x 2.10 m (2 1/4 yd x 12 in)
Waistcoat	0.75 m (7/8 yd) 130-140 cm (50-54 in) wide
Waistcoat edging	0.75 m (7/8 yd) 90 cm (35 in) wide

