**Super Elastic Seams**

Incredibly Elastic!

Sportswear, swimwear, lingerie and homewear made of stretch materials – they all want highly stretchable and durable seams! Inserting an elastic tape into such seams adds extra elasticity and ensures that all seams stretch with every movement.

It’s extremely easy with the elastic foot: It attaches the elastic tape, gathers and finishes the seam – all in one simple operation. Absolutely convenient, with perfect and professional results – every time!

1. **Preparing the Serger/Overlocker:**

   Make the following machine settings:
   - Stitch program: 3-thread overlock or 4-thread ultra-stretch mock safety stitch (or cover stitch, if available)
   - Stitch length: 4 mm
   - Stitch width: Depends on the width of the elastic tape
   - Differential feed: N
   - Upper knife: Engaged
   - Thread tension: Standard settings

   Snap on the elastic foot. Depending on the width of the elastic tape and stitch type selected, insert the left or right needle, or both needles for wider elastics. Thread the machine.

2. **Preparing the Elastic Foot for Elastic Tape Insertion**

   Loosen the screw located on top of the presser foot, until the small brake underneath can be raised by 1 – 2 mm.

   Insert the elastic tape from the front into the opening of the foot under the brake, and run it through to the back of the foot.

   Tighten the screw. Note: The more you tighten the screw, the more pressure will be added to the brake, causing the elastic tape to stretch even more, and increasing the amount of gathering.

**Materials Required for Elastic Tape Insertion:**

- SINGER® serger
- SINGER® elastic foot for sergers/overlockers
- Stretch materials like cotton jersey, charmeuse, jersey, or knits
- Elastic tape, 1 – 1.5 cm wide
- 3 – 4 Reels overlock thread in fabric matching color
- SINGER® overlock needles 2022

**Tip:** Do you know how to calculate the length of elastic tape required?

- Mark start and end of an approx. 30 cm length on a piece of scrap fabric you’ll be working with.
- On the elastic tape already inserted in the foot, mark a length of approx. 10 cm.
- Start attaching the elastic tape in the marked fabric length. The finished, gathered test seam allows you to calculate the total amount of elastic tape required for your sewing project.

---

Scrap fabric

<table>
<thead>
<tr>
<th>10 cm</th>
<th>Gathered length</th>
</tr>
</thead>
</table>
Let’s Start Sewing:

Important: Always make a test seam first!

**Flawless Seams for Enchanting Lingerie!**

Decorative elastic tapes can be attached equally fast and easy with the elastic foot. Compared with regular elastic tapes, they are much softer and smoother, and give the impression of an elastic lace. Ideal for nightwear and lingerie!

- Select the 3-thread overlock or 4-thread ultra-stretch mock safety stitch.
- Insert the decorative elastic tape into the elastic foot as described before.
- Attach the elastic along the seam edge, with the lacy side of the elastic facing to the left – never towards the upper knife!

**Comfortably Wide Elastic Seams**

Extremely comfortable and smooth are wide, turned in elastic seams. Seams like these never pinch, and are, therefore, ideal for cozy homewear or pyjamas, and everything else you want to be comfy!

- Select the 3-thread overlock or 4-thread ultra-stretch mock safety stitch.
- Attach the elastic tape slightly stretched to the open fabric edge of the waist-band (1).
- Switch to cover stitch. If your serger is not equipped with this stitch type, use your sewing machine for topstitching.
- Fold in the fabric edge approx. 3 – 4 cm (2).
- Topstitch along the right fabric side (3).

Wrong fabric side | Right fabric side
---|---
(1) Wrong fabric side with attached elastic tape | (2) Turned down elastic tape | (3) Topstitched right fabric side