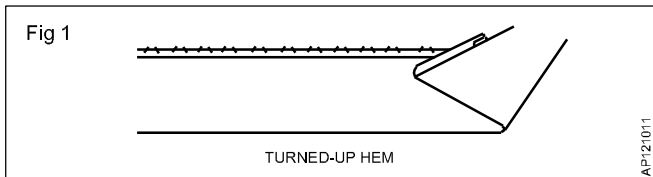


Hems

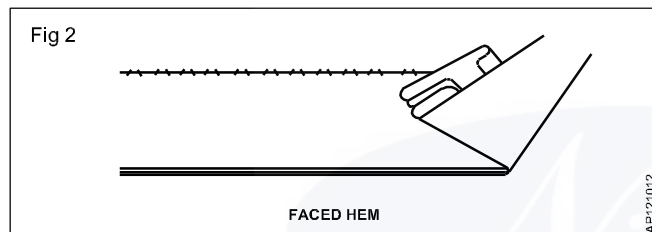
Objectives: At the end of this lesson you shall be able to

- explain about hems and types of hems.

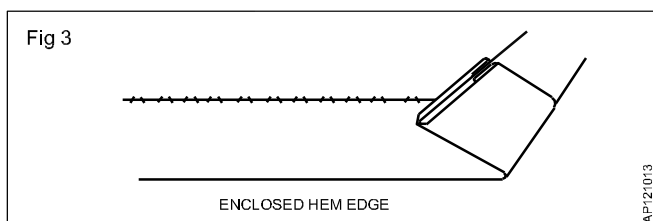
A hem is a finish for any bottom edge of a garment. There are three basic forms - a turned up edge (the most common), a faced edge and an enclosed edge. Although all are dealt with here as hem treatments any of them might be used for other edges as well.



Selection of a hemming method depends largely on garment style and fabric. Whatever the choice, certain criteries should always be met:



- 1 The garment should hang evenly and gracefully.
- 2 There should be no lumpiness in the hem allowance.
- 3 Unless meant to be decorative, finished hems should be totally inconspicuous.

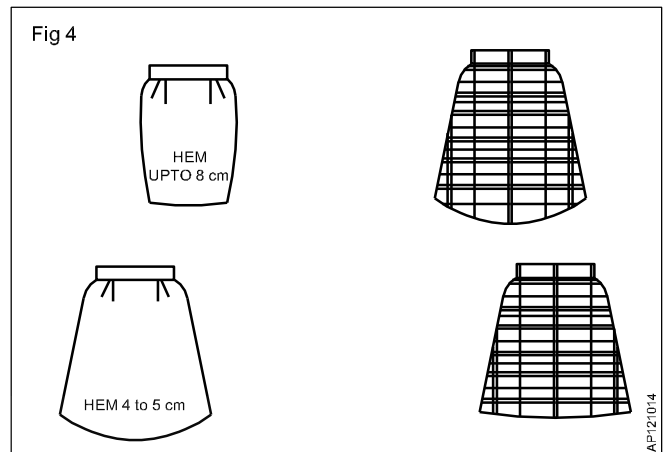


Turning up the hem edge

In a turned-up hem, a certain width of fabric, the hem allowance, is folded inside the garment, then secured by hand, machine or fusing. This is the hem type usually provided for in pattern designs, with the amount of turn-up indicated on the pattern by a line or written instructions. It is wise to check this allowance before cutting out the garment, should a change be desirable.

The hem's shape, straight or curved, generally determines how much should be turned up. As a rule, the straighter the edge, the deeper the hem allowance; the more it curves, the shallower the allowance. Exceptions are sheer fabrics, in which a very deep or a

narrow rolled hem may be preferable and soft knits. Where a narrow turn-up will minimise sagging.



Hem allowance varies according to garment shape up to 8 cm is usually allowed for a straight garment 4 to 5 cm for a flared one. Fabric weight should also be considered.

A hem line may look distorted if the hem curve is too extreme for, or does not align with, the fabric design. A slight adjustment may be necessary, for a better effect.

Sewing hem by hand

Before a hem is secured by hand, the raw edge should be neatly finished. The finish chosen depends first on fabric characteristics and garment style, second on personal preference. The edge can be left uncovered on fabric that does not fray, also where a lining will cover the hem; use a covered edge for fabric that frays a great deal, and in those situations where a more finished look is wanted.

There are two basic hand hemming methods - flat where stitches pass over the hem edge to the garment and blind where the stitches are taken inside between hem and garment. Blind hems are best for heavier fabrics and knits because the hem edge is not pressed into the garment.

Sewing a hem by machine

The major assets of machine hems are speed and extra sturdiness. They can also provide a decorative touch and are especially appropriate if top stitching is part of the design machine stitches are more apparent on a hem

than hand stitches. Of the several methods, the blind stitched hem is the least conspicuous because only about every sixth stitch catches the right side of the fabric. For blind stitching a hem on a knit or on fabric that does not fray. For fabric that frays, see the method below.

Use machine hems only on garments where easily seen stitches do not detract from the overall appearance. Take special care with all types of machine stitched hems to keep stitching on even distance from the hem line.

Faced hems

In a faced hem most of the hem allowance is eliminated; a band of light weight fabric is then stitched to the hem and turned inside so it does not show. There are two basic facing forms - shaped (cut with grain lines and shape conforming to the hem) and bias (cut as a bias strip, then shaped to fit). You can buy bias hem facing ready made in various colours.

A shaped facing is applied as a rule, where a hem shape is unusual, as in the wrap skirt, right. Its use is limited to a hem with minimal flare.

A bias hem facing is ideal for a widely flared hem, especially when the garment itself is cut on the bias. It is recommended in place of a turned-up hem when (1) there is not enough hem allowance to turn up; (2) the fabric is exceptionally bulky; (3) a skirt is circular in style.



Banding

Banding is an extension of a garment edge. It can be cut the same shape as the edge or on the bias. The latter is the usual approach for a hem as it is ideal for adding length.

To prepare the hem for banding mark the hem line at the desired length measure up from the hem line a distance equal to finished banding width; mark a new line and trim all but 6 mm of fabric below it.