

# SEWING LINGERIE WITH YOUR SEWING MACHINE

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[www.sewwithliz.com](http://www.sewwithliz.com)

for The International Bra Sewing Bee August 2022





## FABRIC TYPES

- *Knits: spandex, cotton and bamboo jersey, mesh, scuba, etc*
- *Duoplex*
- *Micro Duoplex*
- *Powernet – Regular; firm & stabilized firm*
- *Super Simplex*
- *Sheer Cup Lining*
- *Microlycra & microlycra Air*
- *Stretch mesh*

- Bra Tulle
- Spacer Foam
- Cut and Sew foam

## NEEDLES

- Ball point
- Jersey/stretch/Super stretch
- Sharps: universal, microtex
- Purple tip

## THREAD

*In Needle:*

*In bobbin:*

## TEST SEWING

- ALWAYS check first before sewing seams or elastics
- Write down settings for future reference
- What to do if test sewing is not great?

## MACHINE TENSION

- Quality of stitching?
- What should good stitch tension look like? Do a tension test with SW4 SL4
- Check threading if things look wrong – **both** needle and bobbin
- Bobbin tension?
- Top & bottom thread matching?
- Thread stand/ cone holder
- Vertical or horizontal spool/cone

## MACHINE FEET

- Regular sewing foot
- Satin stitch foot – plastic
- Walking foot
- ¼ inch foot
- Open toe applique foot?

## MACHINE STITCHES

- Straight stitch

- *Zig-zag stitch*
- *Elastic stitch/3 step zig-zag*
- *Decorative stitches*

## LEADER

### Let's watch the demo

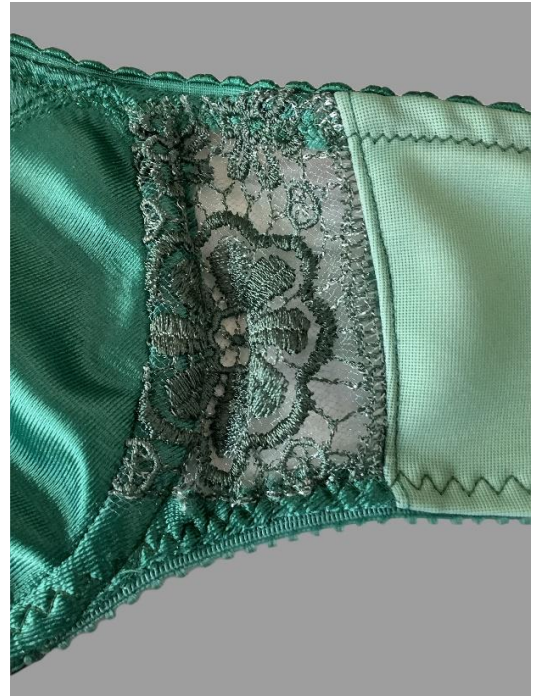
- *Double layer of bra or cotton fabric*
- *Approx. 2-3 inch squares are fine*
- *Sew on & off this leader to prevent stitch jam-ups at start of your sewing.*
- *Alternative? Straight stitch needle plate (BUT remember to switch to the zig-zag plate when not doing straight stitching)*

## HINTS AND TIPS ON ELASTIC APPLICATION

- *Quality elastic*
- *Knitted? Braided? Picot? Band elastic?*
- *Stitch settings in relation to elastic width*
- *Position of needle and foot when sewing elastic – lining up for best results*







**LIZ THOMPSON**

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*All my social media page links are on the home page of my website*

**THANK YOU FOR ATTENDING THIS CLASS ON GETTING THE  
BEST RESULTS WHEN  
SEWING LINGERIE WITH YOUR SEWING MACHINE.**