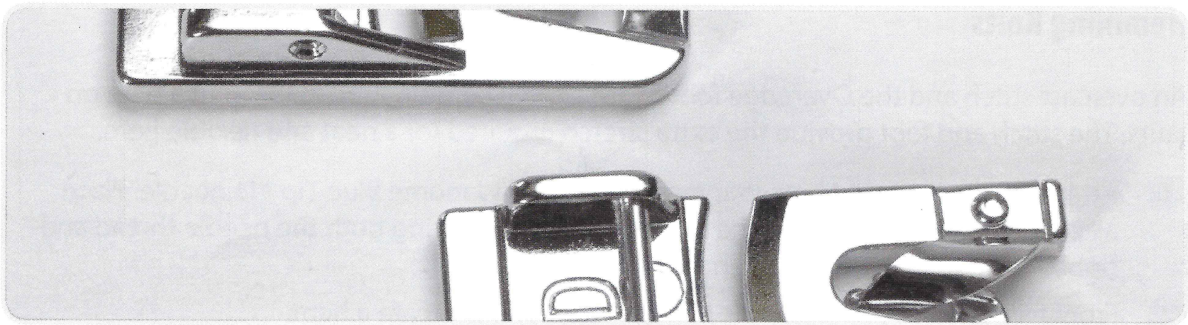
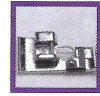


## 06 | ROLLED HEM FOOT 2MM (D), 4MM, 6MM



Looking for an easy, professional way to sew a delicate hem? The “curl” on the Rolled Hem foot (also known as a Hemmer foot) guides and folds the fabric edge to create a rolled hem. Rolled Hem feet are designed to create a very narrow hem in one step—much quicker than you manually turning, pressing, and stitching. You’ll be impressed with the perfect tiny hems this specialty foot can stitch on ruffles, napkins, tablecloths, linings, and scarves.

### Machine Settings:

- *Stitch: Straight Stitch, Zig-zag or Decorative*
- *Thread Tension: Auto or Adjusted for Special Effect*
- *Stitch Length: Variable*
- *Stitch Width: Variable*
- *Feed Dogs: Up*

Rolled Hem feet work well on fine to medium weight fabrics such as cotton batiste, broadcloth, handkerchief linen, silk, etc. It is also the recommended foot to use when hemming sheer fabrics such as those used in bridal wear. Which size foot you use will partly be determined by the weight of the fabric you are going to hem. If the fabric is too heavy it won’t fit into the spiral (curl) or feed evenly through the foot.

### Notes:

Most Janome sewing machines come with Rolled Hem foot D (2mm). The 4mm and 6mm Rolled Hem feet are optional accessories.

## 06 | ROLLED HEM FOOT 2MM (D), 4MM, 6MM



### Basic Sewing Instructions for Rolled Hem

1. Cut a piece of cotton fabric 3" x 6". Fill the bobbin with your desired thread type (all purpose, rayon, cotton, etc.) with a color that will match your selected fabric. The bobbin thread will show on the top of the fabric when the rolled hem is completed. Place the bobbin in the Bobbin Holder.

Select a needle according to the weight of the fabric you have selected. For lightweight fabric, use a Janome Blue Tip #11 needle. For medium-weight fabric, use a Janome Red Tip #14 needle. If the needle is too large for the fabric, it may push the fabric into the needle plate.

#### Notes:



For a clean rolled hem make sure that the fabric is cut cleanly, with no little threads hanging off the raw edge.

2. Attach Rolled Hem foot D to your machine.
3. Select a straight stitch, center needle position. The stitch length depends on the fabric you will be hemming. For light weight fabric set stitch length to 2.0mm to 2.2mm. For medium weight fabrics, increase the stitch length to 2.5mm to 3.0mm.

#### Notes:



Many Janome sewing machines have a unique feature called Sewing Applications. When selected, several different sewing techniques will appear. Choose one of the techniques and your machine will automatically set up for the selected stitch. Refer to your manual to see if your machine has this feature. If your machine does have this feature, select Rolled Hem. Which of the Rolled Hem stitches you should choose will depend on which exercise you are following.

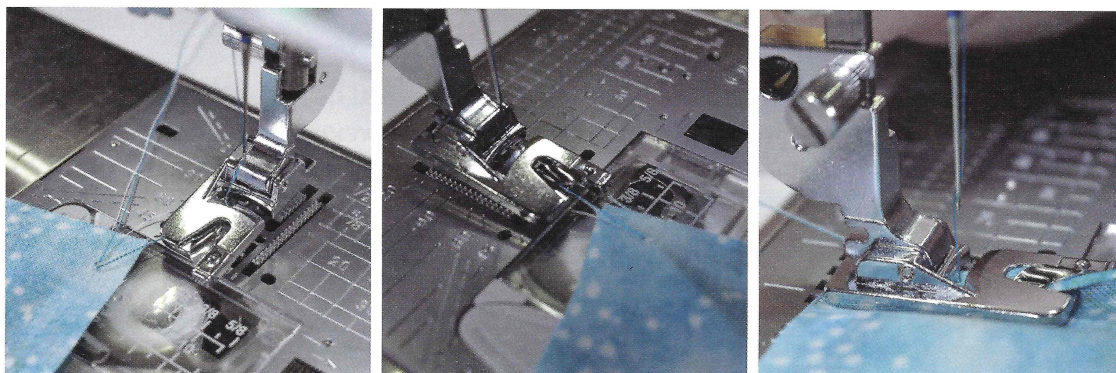
4. Pull the bobbin thread and needle thread under and behind the foot, leaving approximately a 3" tail.
5. Position the fabric, wrong side up, under the foot so that the needle drops just into the fabric on one of the fabric edges. Press the Needle Up/Down Button or turn the hand wheel to lower the needle into the fabric. Lower the presser foot and sew a couple of stitches. Do not trim the excess thread tails.
6. Lift the presser foot. Thread the newly created thread tails through the curl of the Rolled Hem foot and gently pull until the edge of the fabric begins to roll as it enters the curl on the foot.
7. When the edge of the fabric is under the needle, lower the presser foot.



## 06 | ROLLED HEM FOOT 2MM (D), 4MM, 6MM



8. Press the Needle Up/Down Button or turn the hand wheel to lower the needle into the fabric.
9. Begin sewing at a slow speed, using the thread tails to gently pull the fabric through the curl of the Rolled Hem foot.



10. While sewing, lift the edge of the fabric to keep it feeding into the curl smoothly and evenly.

### “Tip:”

When guiding the fabric, take care to keep it against the right edge of the Rolled Hem foot. When the needle grabs the fabric and starts sewing the twists, hold the fabric towards the left. This may seem odd but will give the fabric better flow.

The foot is actually sewing a double roll of the fabric to give a finished look. Make sure that there is enough fabric feeding into the foot for the fabric to roll twice around the pig tail twists in the foot. A very common mistake is not having enough fabric fed into the curl of the foot.

When using a straight stitch, select the center needle position. Most Janome sewing machines will place the stitch on the inside fold of the fabric. As you practice, if the stitch is not exactly on the inside fold, then you need to change the method of feeding the fabric.



## 06 | ROLLED HEM FOOT 2MM (D), 4MM, 6MM



### 4mm or 6mm Rolled Hem Foot

The larger Rolled Hem feet are used for lightweight to medium weight fabrics to produce a wide rolled hem. The curl of the foot is larger which allows more rolling of the fabric to create a wider hem.

1. Use the same set-up for your machine, fabric and threads as described in Basic Sewing Instructions for Rolled Hem at the beginning of this chapter, except attach the 4mm or 6mm Rolled Hem foot.
2. Guide the fabric into the foot following the previous instructions.
3. Sew a 4mm or 6mm Rolled Hem.



### Rolled Hem with a Zigzag or Decorative Stitch

A Zigzag or Decorative stitch may also be used for a creative hem finish.

1. Use the same set-up for your machine, fabric and threads as described in Basic Sewing Instructions for Rolled Hem at the beginning of this chapter, except attach the 4mm or 6mm Rolled Hem foot.
2. Guide the fabric into the foot following the previous instructions.
3. Select a decorative stitch, or a zig-zag stitch, such as the one shown below.





## 06 | ROLLED HEM FOOT 2MM (D), 4MM, 6MM



4. Sew your hem.

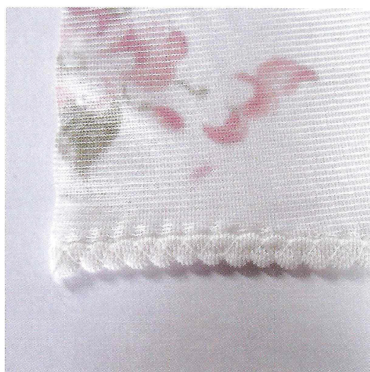


### Notes:

Since the underside of the stitching is the side that shows when the hem is formed, make a sample of the rolled hem with the same stitch, fabric and thread to ensure the tension is balanced.

### Scalloped Rolled Hem on Tricot Fabric

1. Cut a piece of tricot fabric 6" x 3". Use the same set-up for your machine, fabric and threads as described in Basic Sewing Instructions for Rolled Hem at the beginning of this chapter, except attach the 4mm or 6mm Rolled Hem foot.
2. Guide the fabric into the foot following the previous instructions.
3. Select a zig-zag stitch. Set the stitch width 1mm wider than the Rolled Hem foot you have selected. Example: If you are using the 4mm Roll Hem foot, set the stitch width at 5mm. Set the stitch length at 5mm.
4. Adjust the Needle Thread Tension to 6. Adjusting the Needle Thread Tension to a higher number helps to form the scallop edge. To create a deeper scallop edge, increase the Needle Thread Tension.
5. Place the tricot fabric under the foot.
6. Sew a hem, allowing the right swing of the needle to fall off the edge of the fabric and the left swing of the needle to penetrate the fabric.



## 06 | ROLLED HEM FOOT 2MM (D), 4MM, 6MM



### Options:

*The Shell Tuck stitch or Blind Hem stitch could also be used to create the finished edge on tricot.*

### “Tip:”

*Can't tell which side is the right side on tricot knit? Gently stretch the fabric until the raw edge curls. Tricot will curl to the right side. On all other knit fabrics, the fabric will curl to the wrong side.*

### Guidelines for Rolled Hems on Corners

Learning to create perfectly rolled hems on corners takes some practice. Use the following guidelines and you'll soon master this technique.

- *When you are sewing corners, you are sewing through twice the thickness of the fabric. So it may be necessary to use the larger Rolled Hem foot to accomplish this.*
- *Before sewing a rolled hem on a corner, it must be prepared properly. Fold the corner in toward the wrong side of the fabric and fasten with a straight stitch.*
- *Check that the size of the corner is correct by folding or rolling the edges of the corner to the approximate size of the rolled hem being created.*
- *When stitching corners, sew one side of the rolled hem, sewing off the fabric when reaching the end. Turn the fabric and begin sewing the second corner.*
- *Starting to sew on the second edge (beginning at the corner) will be easier if you sew the first 2 to 4 stitches by manually turning the hand wheel towards you.*
- *When stitching a corner, placing a piece of tear-away stabilizer under the needle and fabric is helpful. This will allow you to begin sewing on the backing while pulling the thread tails through the curl in the Rolled Hem foot and guiding in the thicker corner.*

### Guidelines for Starting a Rolled Hem

- *Baste a 2" x 3" piece of wash-away stabilizer to the edge of the fabric to be rolled. Roll the stabilizer into the curl of the Rolled Hem foot. Sew to the end of the fabric. When the hem is complete, remove the stabilizer from the fabric.*
- *Another method: Finger press a small fold along your seam allowance about 2" long. Cut a diagonal piece off the corner of the seam allowance from the raw edge to the fold. Insert the fold into the curl of the foot. The missing corner helps you bring the fabric forward to catch it in the curl of the foot.*
- *To finish a circular hem, stop sewing just before the tip of the Rolled Hem foot reaches the starting point of the hem. Be sure the needle is in the down position. Lift the foot, fold the remaining hem by hand. Lower the foot and sew the last few stitches. To secure the threads, use a locking stitch or stitch over the previous stitching rather than using the reverse stitching.*