



Serger-Made Leggings with Deb Canham



For this project I purchased a double brushed polyester spandex with a border print - it has a 4-way stretch from So Sew English fabrics - [buy SSE fabric here.](#)

For the pattern, I used [M6173](#) – any legging pattern will work but I like [this pattern best.](#)

There isn't a side seam with this pattern, just an inside seam

A secret to the success of this project is a Baby Lock serger with differential feed. You need differential feed with stretchy knits – it feeds it under the foot faster than it goes out the back – compensates for any stretch – it gets rid of the stretch basically

Set your machine for a stretch stitch or the 4 thread overlock

For best results use ball point needles or stretch needles

Set your needle tension at 4

Upper & b lower at 4

Stitch width is at 7 which is high but since it's a stretch fabric this will work

Stitch length is 2.5

Foot pressure is at 3

Differential feed setting is 1.3

Favorite accessory for machine is the guide, it's moveable and guides my fabric. My seam allowance on my leggings is 5/8. Stitch is less than a quarter or 2/8 – set the guide at 3/8.

Let's get started

After cutting your pieces, sew together the inside leg – always wise to know front from back so you don't end up with two right legs or two left legs

Tip: One notch is for the front – almost all patterns have notches



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On the back – there is a double notch – match these to your back piece of fabric

Tip: for matching your front and back pieces correctly: Your back seam is longer than your front because your back is longer/curvier than your front

Cut out two bands the same size as the bottom width of the legs, in place of hemming.

1st step – match the inside leg seams – right sides together - clip together with wonder clips

Tip: never lift your foot if you don't have to – just lift from the front and slide your fabric in
Also, clip your side seams together down the side – this is important and very helpful if you have fabric you want to match up the design, like we do here.

Let's sew the other leg

Clip the legs pieces along the seam to match up your pattern. This fabric is very soft and moves easily so clip the seams together.

With both legs right side out – turn one leg so it's wrong side out

Place right side out leg inside of wrong side out leg – match the seams and clip – and sew the crotch seam all the way around

Tip: Do you think the seam is strong enough? We are using a stretch stitch, or 4 thread overlock so it already has two straight stitches – if it gets pulled it will stretch – if you reinforce the seam with a sewing machine, you're making it weaker, not stronger.

Turn right sides out – Add the bands to the bottom of the leg

Tip: if you're sewing for a child, sew the bands on before you sew your side seams. A child's leg band is too small to sew in the round

Put right sides together and sew the short end to create a continuous band for bottom of leggings eliminating the need to hem.

Fold each leg band in half lengthwise and sew raw edges together

Attach your cuffs to the bottom of the leg – match both seams of cuff and leg and clip right sides together – sewing in the round

Now it's time to add the 'no casing' elastic waistband. This is a knit elastic –it's quite soft and doesn't have hard rigid lines on some elastics – won't cause skipped stitches – elastic will not flip over when we sew it into the waistband – measure your waist and reduce by 4 inches.

Overlap and sew in an X by about a 1" - mark your elastic on all four sides

Do the same by marking with your leggings with clips and attach the center of elastic with the center back of your leggings. Attach all 4 sides ¼" down from raw edge at top of waistband... clip to attach

Stitch with your elastic up against the knife blade

Stretch the elastic as you sew to make it fit

TIP– make sure your needles are all the way in the fabric as you pull and stretch your elastic
You will cut off 1/4" of fabric while you sew with the edge of your elastic against the knife blade

Finally, fold elastic over and sew around the bottom of elastic (while stretching it) with a zigzag stitch on your sewing machine. Great job!! Thank you for watching



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