



LEARN & CREATE

with Baby Lock



Getting to Know Your Baby Lock Zest

Congratulations on your new Baby Lock Zest! In this class, Chris Tryon will get you started with your machine. From winding a bobbin, to threading, to stitching, you'll be sewing before you know it!

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How to Wind a Bobbin

Winding a bobbin on the Baby Lock Zest is easy

1. Extend the spool pins on the upper right corner of the Zest by pulling straight up
2. Place your spool of thread on the spool pin
3. Take the thread left to the front of the tension guide and pass the thread clockwise around the tension guide



- Make sure the thread is seated between the disks of the tension guide



4. The thread then goes to the right toward the bobbin winder
5. Place the thread through the small hole in the bobbin guiding the thread from the inside of the bobbin to the outside
6. Place the bobbin on the bobbin winder with the thread tail coming out the top of the bobbin
7. Hold the thread tail and push the bobbin winder to the right



8. Release the hand wheel by pulling it out to the right



9. Hold the thread tail above the bobbin and use the foot control to run the bobbin winder
10. When you have a little thread on the bobbin, you can stop and cut the thread tail
11. Continue to wind the bobbin by pressing on the foot control
 - The bobbin winding speed is controlled by how hard you press on the foot control
12. When the bobbin is filled, push the bobbin winder back to the left and push the hand wheel toward the machine
 - When the hand wheel is pulled out for bobbin winding, the needle does not go up and down
 - If you want to sew and the needle will not move, check to make sure that you have not left the hand wheel pulled out



How to Insert a Bobbin

1. Remove the free arm cover by sliding it to the left
2. Open the bobbin cover by swinging it down



3. Lift the latch on the bobbin case and pull it out of the machine
4. Remove the empty bobbin
5. Place the bobbin so the thread is coming off the top and to your right



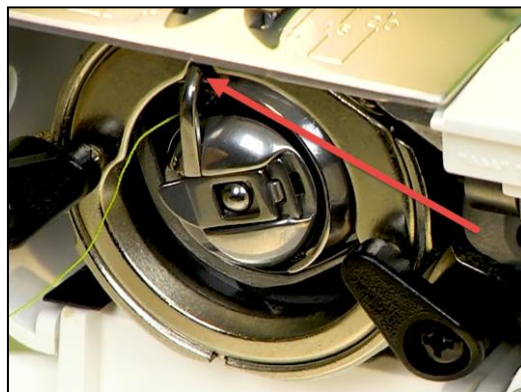
6. Pull the thread into the slot on the side of the bobbin case



7. Pull it under the flat tension spring on the bobbin case



8. Place the bobbin case back in the machine
 - Lift the latch on the bobbin case
 - When the latch is up the bobbin will not fall out of the bobbin case making it easier to place it in the machine
9. Place the bobbin case in the bobbin area with the finger on the bobbin case lined up with the notch in the bobbin area

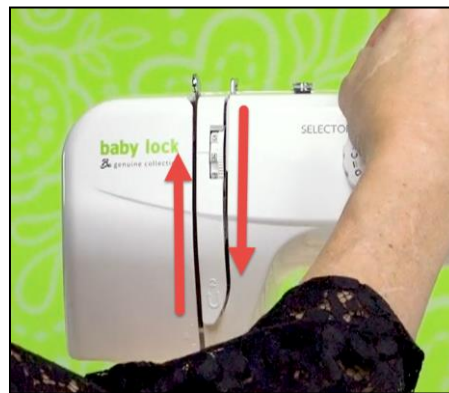


How to Thread

1. IMPORTANT: The presser foot and the needle must be UP while you are threading!
2. The thread is already on the spool pin
3. Take the thread to the first thread guide on the top of the Zest



4. Slide the thread into the guide from the back to the front
5. The thread then goes into the channel on the right, makes a U-turn at the bottom of the channel and goes back up the channel on the left

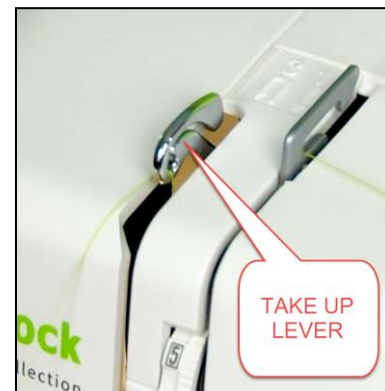


6. At the top of the left channel, you will see the silver take up lever

- If you do not see the silver take up lever, turn the hand wheel toward the front of the machine to cycle the needle as far up as it will go and you will see the take up lever move up into the position shown in the picture

7. The thread passes around the back of the take up lever and then heads back down the left channel

- The thread will pull into the eye at the front of the lever as you guide the thread back down that channel



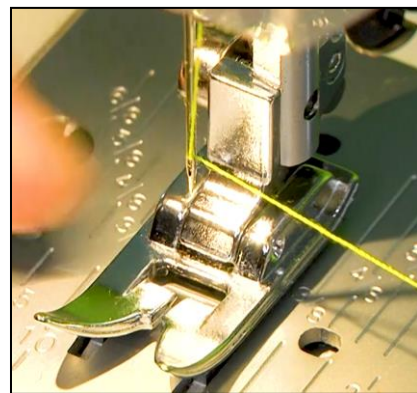
8. The thread goes down the left channel and is then placed in a thread guide just above the needle



- The thread goes into the guide from back to front

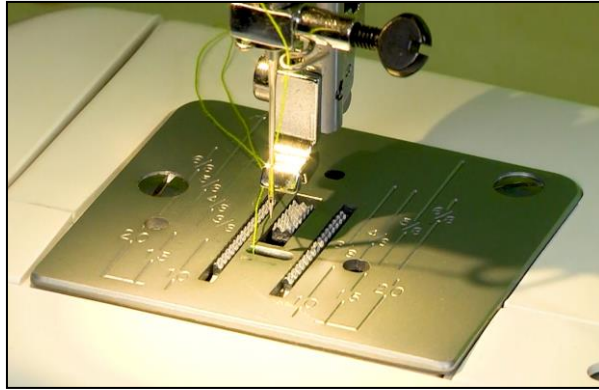
And you are ready to thread the needle.

1. Clip the end of the thread on an angle
 - Clipping the thread will give you a nice clean end on the thread with no fuzzies that make it hard to get it through the eye of the needle
 - Clipping on an angle makes the end of the thread as skinny as it possible so it is easier to get it through the eye of the needle
 - Thread it dry! Wetting the end of the thread causes the fibers to swell and makes it more difficult to thread into the eye
2. The thread goes through the eye of the needle from front to back
3. Hold the needle thread
4. Turn the hand wheel toward the front of the Zest one full rotation to pull up a loop of bobbin thread
5. Place both the needle thread and the bobbin thread under the presser foot toward the back of the machine
6. Close the bobbin cover and slide the free arm cover in place
7. And now you are set to sew

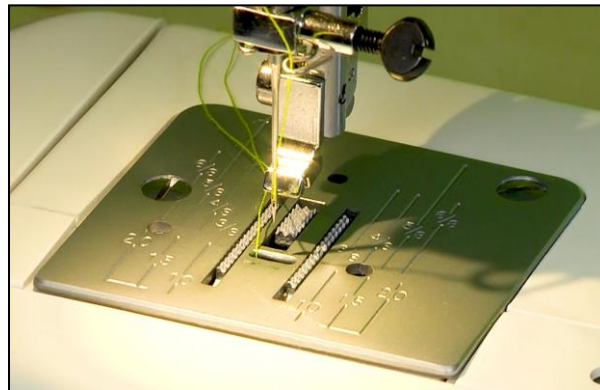


The Needle Plate

1. Remove the presser foot so you can get a clear view of the needle plate

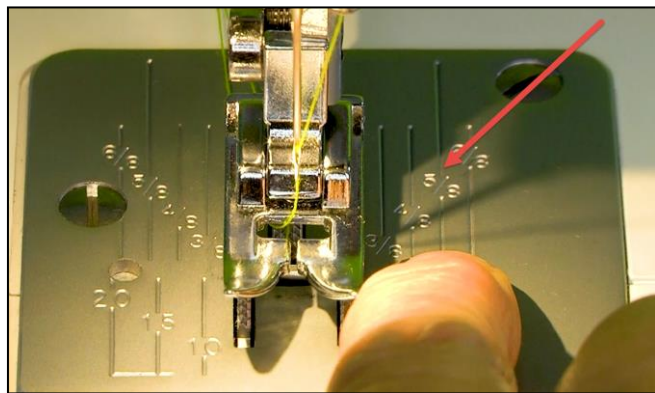


2. There are four sets of numbers on the needle plate
 - There are numbered lines on both the left and right sides of the needle plate
 - There are also numbered lines at the front of the needle plate and another set at the back of the needle plate on each side
 - The numbers are identical on both sides
3. The numbers in the back are measurements in inches
4. The numbers at the front are measurements in millimeters
5. You have measurements from 3/8" to 6/8"



To sew a 5/8" seam for a garment:

1. Attach the Standard sewing foot
2. Locate the 5/8" marking on the right side of the needle plate
3. Place the fabric right sides together

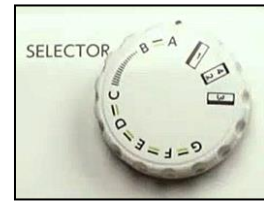


4. Place the fabric under the presser foot with the raw edge aligned with the 5/8" mark and lower the presser foot



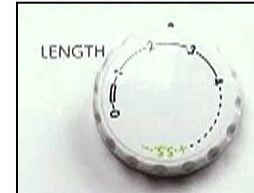
5. Select straight stitch A with the needle in the center needle position by turning the stitch selector dial to A

- The letter A should be at the top of the dial and lined up with the black dot on the Zest



6. Set the Length dial at 2.5

- Turn the dial so the black dot above the Stitch Length dial is halfway between the 2 and 3



7. As you sew the seam, keep the raw edge of the fabric even with the 5/8" mark on the needle plate



8. At the end of the seam, stop and turn the hand wheel toward the front of the machine to cycle the needle up and out of the fabric
9. Raise the presser foot
10. Pull the fabric out from under the foot and cut the threads

Adjusting the Tension Dial

1. The Tension Dial is located on the front of the Baby Lock Zest
2. The standard tension setting is between 3 and 5
3. There is a hash mark molded into the machine to the left of the number 4 is the image above
4. You will find that you seldom need to



change the tension setting and that leaving the dial set on 4 will work for most things

5. If your bobbin thread is pulling to the top of the seam, you could loosen the tension by turning the dial to 3 or if needed to 2
6. If the stitch seems loose when sewing heavy fabric, you could tighten the tension by moving the dial to 5
7. Instructions and illustrations for tension adjustments are on page 26 of the Instruction manual for the Zest.
8. Most often if you are adjusting the tension it will either be for a specific sewing technique or to accommodate a fabric that is either very heavy or very light.

Reverse Stitching

Reverse stitching is used to lock end of a seam.

1. Begin by placing the fabric right sides together
2. Place the fabric under the presser foot with the raw edge aligned with the seam guide marking on the needle plate
3. Sew the seam
4. Stitch to the end of the fabric
5. The Reverse button is on the right side of the Zest



6. Hold the Reverse button down and step on the foot control and the Zest will sew backwards over the previous stitching to lock the end of the seam



7. When you release the Reverse button, the machine will sew forward over the previous stitching
8. The Zest will sew backwards as long as you hold the Reverse button down and sew forward when you release the Reverse button as long as you keep pressing the foot control

Adjusting a Stitch

Selecting and adjusting stitches is easy on the Baby Lock Zest

1. There are two dials on the front of the Zest



- The dial on the left says Selector and it is used to select the desired stitch
 - The dial on the right says Length and it is used to set the Stitch Length or select Stretch Stitches
2. On the right front of the Zest you have a chart which shows the stitches built into the Zest and tells you which letter should be selected on the Selector dial for each stitch

Start by selecting the letter A straight stitch

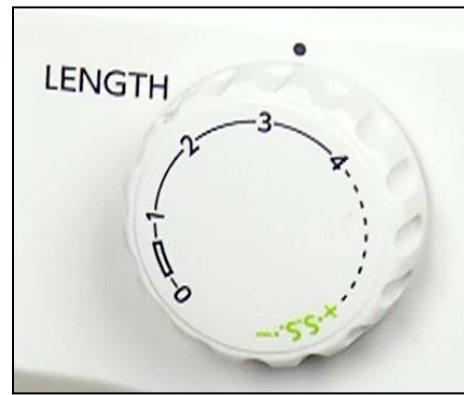
1. Turn the Selector dial to the letter A
 - Turn the dial so the letter A is lined up below the black dot above the dial



2. Turn the Stitch Length dial to the desired stitch length

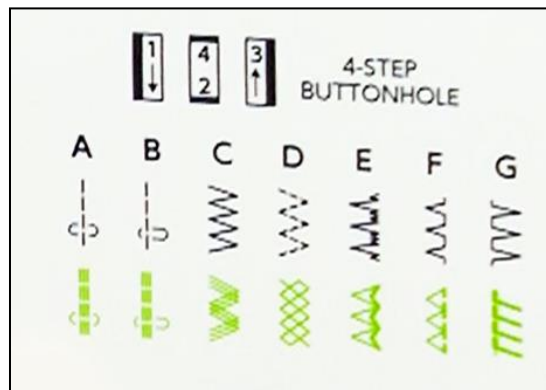


- The numbers give the length of the stitch in millimeters
 - You do not have to know how long a millimeter is; you just need know that a higher number will give you a longer stitch
- Line up the number for the desired stitch length with the dot above the dial
- The picture below shows a stitch length of 3mm has been selected



There is a second row of stitches that represent another category of stitch patterns

1. The green stitches in the bottom row are your Stretch Stitches



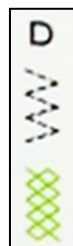
2. To select a green stretch stitch, first turn the Selector dial so the letter above that stitch pattern is lined up with the black dot
3. Then turn the Stitch Length dial so the green SS on the dial is lined up with the black dot

For instance, to select the Honeycomb



stitch

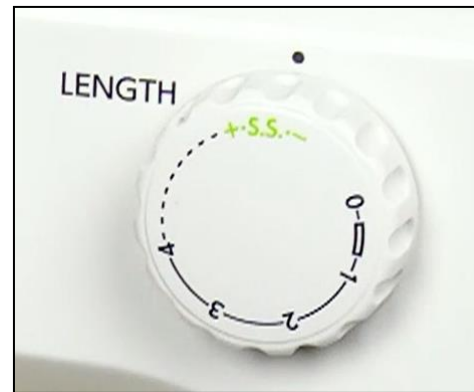
1. Turn the Selector dial so the letter D is lined up with the black dot because D is the letter above the Honeycomb on the chart



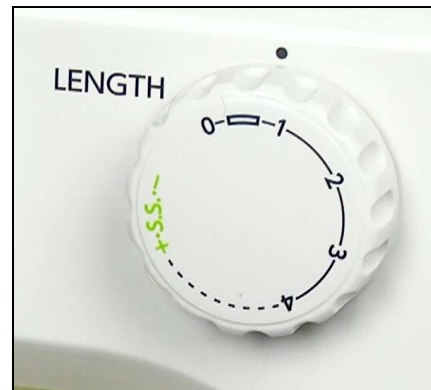
2. Then turn the Length dial to the green SS setting

The third type of stitches shown on the chart is the buttonhole selection.

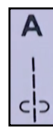
1. The four steps of the buttonhole are selected by lining up the pictures of the buttonhole on the Selector dial with the black dot



- The buttonhole with the number 1 sews the left side of the buttonhole starting at the top of the buttonhole and sewing toward the bottom in the direction shown by the arrow
 - The buttonhole with the numbers 4 and 2 is used to sew the bar tack at the top and the bottom of the buttonhole and it is used to sew 7 or 8 wide stitches in place at the end of the buttonhole
 - The buttonhole with the number 3 sews the right side of the buttonhole starting at the bottom of the buttonhole and sewing toward the top in the direction shown by the arrow.
2. The Length dial is turned to the buttonhole image to set the stitch length to the short filled in stitch length used for buttonholes
 - The exact setting along the length of that buttonhole on the dial depends on the fabric
 - Sew a test buttonhole on the same layers of fabric and interfacing used in the garment and you can fine tune the stitch length to the perfect look by moving the dial along the buttonhole image



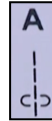
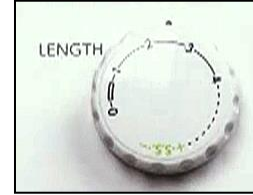
Sewing a Seam



1. Select straight stitch A with the needle in the center needle position by turning the stitch selector dial to A



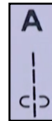
- The letter A should be at the top of the dial and lined up with the black dot on the Zest
2. Set the Length dial at 2.5
 - Turn the dial so the black dot above the Stitch Length dial is halfway between the 2 and 3
 3. Chris elected to use the 4/8" seam guide on the needle plate for a 1/2" seam allowance
 4. Place the fabric right sides together
 5. Place the fabric under the presser foot with the raw edge aligned with the 4/8" seam guide
 6. Lower the presser foot
 7. When using the needle plate markings on the Baby Lock Zest, you want to



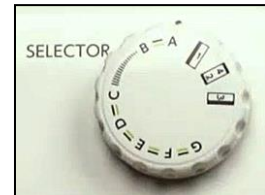
make sure you are using stitch A which is a straight stitch in the center needle position

- All the markings are measured from that center needle position

Pivoting



1. Select straight stitch A with the needle in the center needle position by turning the stitch selector dial to A
2. Set the Length dial at 2.5
3. Place the fabric under the presser foot with the edge of the seam aligned with the seam marking on the needle plate
4. Lower the presser foot
5. Sew until you reach the spot where you need to turn the fabric
6. Turn the hand wheel toward the front of the machine to lower the needle into the fabric
7. Lift the presser foot
8. Turn the fabric
9. Lower the presser foot and sew



Changing Presser Feet

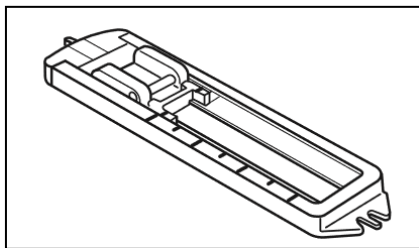
1. In addition to the Standard presser foot there are several accessories included with the Baby Lock Zest



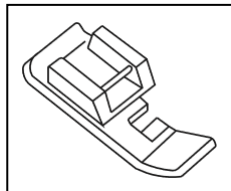
2. You will find the extra accessories in the accessory storage in the free arm cover



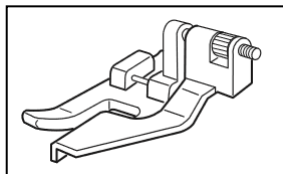
3. The extra presser feet included with the Zest are:
 - The buttonhole foot



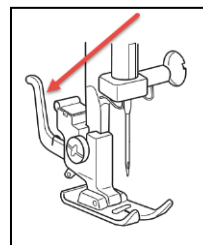
- The zipper foot



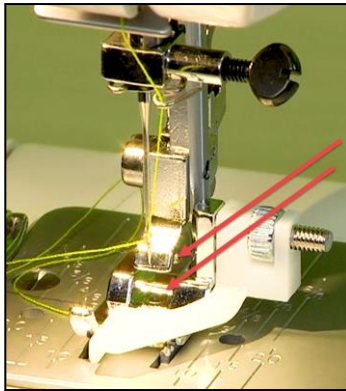
- The blind hem foot



4. To remove a presser foot, simply press the lever on the back of the presser foot holder and the foot will fall off



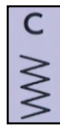
5. To attach a presser foot, line up the pin on the presser foot with the grooves on the presser foot holder



6. Lower the presser foot and the presser foot holder snaps on to the pin on the presser foot

Overcasting

1. When sewing woven fabrics, you may want to use an overcast finish to keep the seam allowances from raveling



2. Select zig zag stitch C
3. There are marks with graduated sizes between C and B on the selector dial
 - Those graduated marks are the width control for stitch C
 - If you set the dial at the left end where the marks are larger, you will have a wider stitch
 - If you set the dial at the right end where the marks are smaller, you will have a narrower stitch



4. For overcasting a heavy fabric like the denim that Chris is using, leave the dial set at the wider setting to the left
5. Set the stitch length at 2

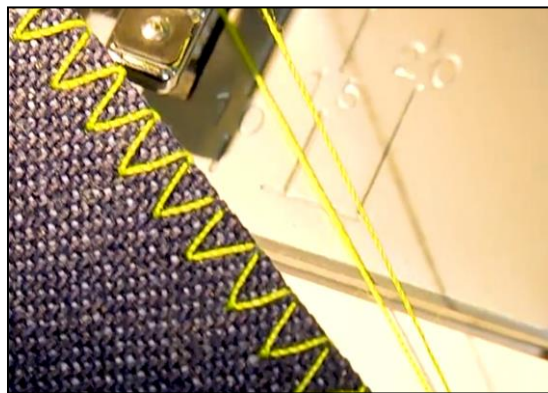


6. You can use the Standard presser foot for overcasting

There is an optional presser foot that can make overcasting easier



1. The Overcasting foot has a black guide on the right toe of the foot
2. Place the raw edge of the fabric against the black guide to sew the overcast stitch right on the edge of the fabric
3. There is also a finger in the center of the foot that supports the stitch, so the edge of the fabric stays flat
4. It is important to set the stitch width at the widest setting, so the needle sews left and right over the finger without hitting it
 - You may want to turn the hand wheel toward the front of the machine to cycle through a stitch to the left and a stitch to the right, so you know that the width is set wide enough
5. Using the overcast stitch to finish the raw edges of seam allowances on woven fabrics will prevent raveling and create projects which will last longer.



Topstitching

You may find that top stitching will be one of your favorite details to be added to all types of sewing projects.





1. Begin by selecting Stitch A straight stitch with the needle in the center needle position
2. Set the stitch length at 2.5mm
3. Use the Standard presser foot
4. Removing the free arm cover can make it easier to top stitch small areas like the hem of a sleeve cuff
 - Larger areas like the hem of a pant leg will fit around the free arm
 - But, as you can see in the picture, small areas may be easier to handle on the smaller surface of the free arm



5. Start sewing in a seam for the least visible start and stop
6. Use the seam markings on the needle plate to guide the stitching
 - Chris stitched the first row of top stitching using the 6/8" guide line
7. When you reach the starting point, overlap the final stitches on top of the beginning stitches to lock the seam
8. This is a time when you may want to sew a little more slowly because the stitching is a visible detail on the outside of the garment and if it is not right you might end up needing to pick it out and re-do
9. After the stitches are overlapped, turn the hand wheel toward the front of the machine to cycle the needle out of the fabric, raise the presser foot and trim the threads

There is an optional Stitch Guide foot that can make it easy to sew perfect top stitching.



Stitch Guide Foot

(BLG-SGF)

Fits Groups A, B, D, G, H

This foot was designed for projects that require the utmost accuracy, such as garments, topstitching or piecing while quilting. The built-in ruler is perfect for keeping your measurements precise at all times.



Multiple rows of evenly spaced top stitching can add a wonderful custom look to your project.

1. The Stitch Guide foot has an arm that extends to the right side of the foot
2. That arm is marked with guide lines that can be used to guide the fabric
3. Align the previous row of stitching or the edge of the fabric with the desired guideline and lower the presser foot
 - Chris lined up the previous row of stitching with the mark because she wanted to create a row of stitching that was farther from the edge of the cuff than the first row
4. As you sew, guide the fabric using the selected guide mark on the foot
5. You may want to stop just before you reach the end of the stitching and trim the threads at the start of the stitching for a nice clean finish
6. The stitching looks equally good whether stitched with the Standard presser foot or the Stitch Guide foot, so the difference is about how easy it is for you to guide the fabric and keep the stitching straight.



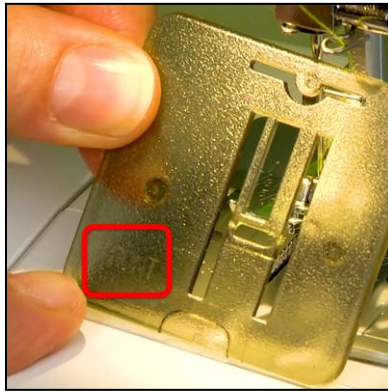
The Darning Plate

The Baby Lock Zest comes with a darning plate.

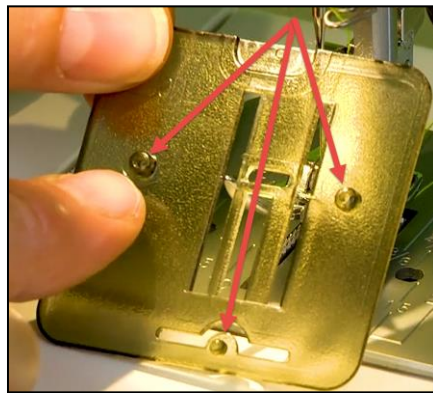
1. The darning plate sits on the needle plate and prevents the feed dogs from making contact with the bottom of the presser foot
2. If you look closely, you will see that the word FRONT is etched into the front left corner of the darning plate



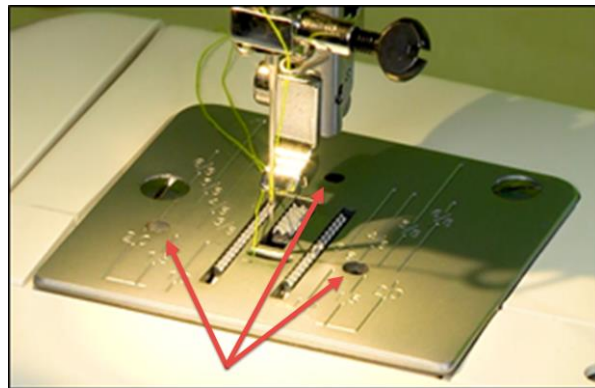
- This is designed to help you know which way to turn the darning plate when attaching it to the needle plate



3. On the underside of the darning plate, you will find three pins



4. The three pins fit into the three holes on the needle plate



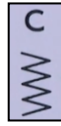
5. Line up the pins with the holes and press down to attach the darning plate to the needle plate
6. When the darning plate is in place, the feed dogs will not touch the fabric or make contact with the bottom of the presser foot
7. This is used for techniques like free-motion quilting, thread painting, or sewing on a button



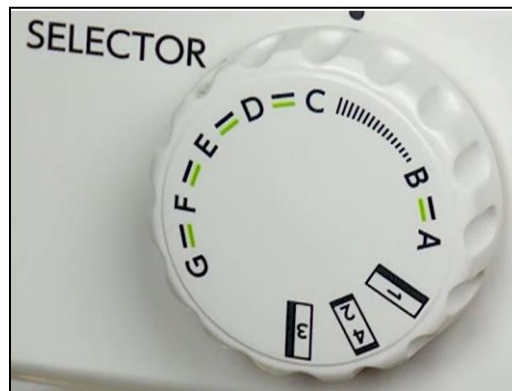
To remove the darning plate:

1. Simply lift up on the edges of the plate
2. Take the darning plate off the machine and your feed dogs are once again able to move the fabric

Attaching a Button



1. Select zig zag stitch C
2. Set stitch C on its widest width by setting the Selector dial so the tallest of the hash marks between B and C is aligned with the dot on the machine



3. Leave the Stitch Length set on 2.0mm
4. Attach the darning plate to the needle plate as explained in the previous chapter
 - The darning plate makes it impossible for the machine to move the fabric while you are sewing the button
5. Place the button under the Standard presser foot
 - Line up the button so you can see the holes on the button in the opening of the foot
6. Before you step on the foot control, turn the hand wheel toward the front of the machine to cycle the needle to sew a stitch in the left hole and a stitch in the right hole of the button
 - You need to be certain that the needle is not going to hit the button when you step on the foot control
7. Once you know the button is positioned perfectly, step on the foot control to sew 7 or 8 stitches
 - If your button has 4 holes, repeat the process to sew into the other pair of holes
8. Lift the presser foot to remove the fabric
9. Cut long thread tails so you can use a hand sewing needle to take the tails to the wrong side of the fabric



10. You can then tie a knot in the thread tails before you trim the tails to lock the stitching

There is an optional Button Fitting Foot available from your Baby Lock Retailer.



There are two things that make it hard to sew on a button

1. It can be hard to hold the button steady
 - The Button Fitting foot has an opening that allows you to slide the button into the foot
 - Now the foot takes over holding that button for you
2. Line up the eyes of the button between the red dots on the foot



The second challenge when sewing on a button is making sure the thread is slightly loose so there is a little space between the button and the garment.

1. If the button is sewn tight against the fabric, it is very difficult to button the garment

Slide the switch on the right side of the foot toward the front of the foot and a small stitch finger slides into place between the holes on the button

Sewing a Buttonhole

1. If you look at the front of the Zest, it has a diagram of how the buttonhole will be stitched




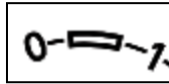
2. Step 1 sews the left side of the buttonhole and the stitching will start at the top of the buttonhole and sew toward the bottom
3. Step 2 sews the bar tack at the bottom of the buttonhole
4. Step 3 sews the right side of the buttonhole and the stitching will start at the bottom of the buttonhole and sew toward the top



- Step 4 sews the bar tack at the top of the buttonhole

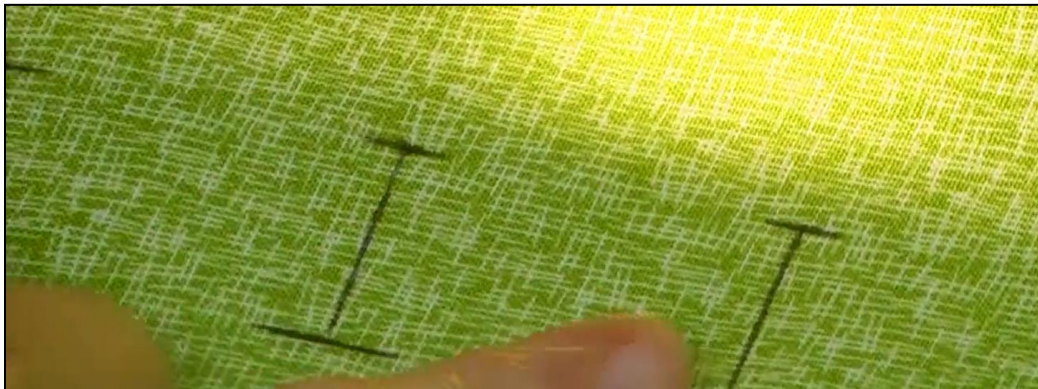
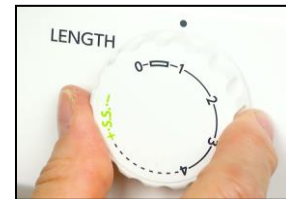
Set up to sew buttonholes:

- Turn the Stitch Selector dial to part 1  of the buttonhole
- Turn the Stitch Length dial to the buttonhole image between 0 and 1



- Chris set the length with the right end of the buttonhole image aligned with the black dot above the dial

- Remove the standard presser foot so the buttonhole foot can be attached to the machine
- Attach the buttonhole foot to the ankle
- The position of the buttonholes was marked on the fabric



- Position the fabric so the needle will start at the top end of the buttonhole
 - The mark for the top of the buttonhole should be lined up with the red dots on the buttonhole foot





7. Step 1 of the buttonhole will sew the left side of the buttonhole from top to bottom as indicated by the arrow
8. Sew the left side of the buttonhole
9. Stop when you get to the mark on the fabric for the bottom of the buttonhole
10. Try to stop sewing with the needle on the outside edge of the buttonhole (on the left side of the stitching)
 - If necessary, you can turn the hand wheel toward the front of the machine to cycle the needle to the left side of the stitching
11. Turn the hand wheel toward the front of the machine to cycle the needle out of the fabric



12. Turn the Stitch Selector to Step 2 of the Buttonhole



- Step 2 of the Buttonhole will sew the bar tack at the bottom of the buttonhole
13. Sew 8 or 9 stitches to form the bar tack at the bottom of the buttonhole
 14. Try to stop on the right side of the bar tack
 - If necessary, you can turn the hand wheel toward the front of the machine to cycle the needle to the left side of the stitching
 15. Turn the hand wheel toward the front of the machine to cycle the needle out of the fabric



16. Turn the Stitch Selector to step 3 of the buttonhole




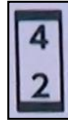
- Step 3 of the buttonhole will sew the right side of the buttonhole from bottom to top in the direction indicated by the arrow
17. Sew back up the right side of the buttonhole until you reach the marked line on the fabric at the top of the buttonhole
 - The two red dots on the buttonhole foot will be aligned with the top hash mark on the left side of the foot when you reach the top of the buttonhole
 18. Stop with the needle on the outside (right side) of the buttonhole
 - If necessary, you can turn the hand wheel toward the front of the machine to cycle the needle to the right side of the stitching




19. Turn the hand wheel toward the front of the machine to cycle the needle out of the fabric



20. Turn the Stitch Selector to step 4  of the buttonhole



- Step 4  of the Buttonhole will sew the bar tack at the top of the buttonhole

21. Sew 8 or 9 stitches to form the bar tack at the bottom of the buttonhole

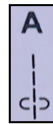
22. Turn the hand wheel toward the front of the machine to cycle the needle out of the fabric

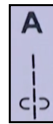
23. Lift the presser foot to remove the fabric

24. And you have a perfect buttonhole



Inserting a Zipper



1. Begin by selecting Stitch A  straight stitch with the needle in the center needle position
2. Set the stitch length at 2.5mm

Prepare to sew the zipper:

1. Sew the seam closed with a straight stitch set at a stitch length of 4mm
2. Press the seam open
3. Place a wash-away basting tape on the right side of the zipper tape
4. Remove the paper backing from the wash-away tape and use the tape to "baste" the zipper to the seam




5. Center the teeth of the zipper over the seam



6. Remove the Standard foot from the machine and attach the zipper foot
7. Place the zipper foot on the Zest



8. Always use stitch A  when the zipper foot is on the Zest, so the needle will be in the center needle position and will not be broken by hitting the presser foot
 - Straight stitch B puts the needle in the left needle position
 - When the needle is at the left, it would hit the foot and be broken on the zipper foot
9. Align the fabric under the foot so the teeth of the zipper are under the right side of the zipper foot as you sew down the left side of the zipper



10. Turn the fabric 180° to sew back up the other side of the zipper
 - Turning the fabric places the zipper teeth under the right side of the foot just as they were when you sewed down the left side of the zipper
11. Use a seam ripper to open the basted seam along the center of the zipper



12. Sew across the bottom of the zipper to secure it before you open the zipper

