

# *My* **BERNINA** Overlocker Workbook 2



**Overlocker *Plus***  
For current BERNINA models

## Overlocker *Plus*

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The information in this workbook applies to the current line of BERNINA Overlockers.

Overlocker Workbook 2

**Fabric:** Medium weight cotton, 3" x 14" and  
12" length of ½" nylon or cotton braid elastic  
**Needle:** 75/11 Stretch or Ballpoint  
**Thread:** 2 cones of overlocker thread and 2 cones of Woolly Nylon  
**Presser Foot:** Elasticator  
**Stitch:** 4-thread overlock

Thread the overlocker for a 4-thread overlock using Woolly Nylon in the upper and lower loopers. Adjust settings as directed below.

Attach the Elasticator to the overlocker.

Locate and raise the roller guide in the front of the presser foot. Turn the handwheel to lower the needles. (This also lowers the feed dog.)

Raise the presser foot and insert the elastic through the slot and under the presser foot until it touches the needles.

Lower the presser foot and overlock a few stitches to catch and straighten the elastic along the right edge of the slot. Turn the handwheel to lower the needles.

Lower the roller guide. Using the small screwdriver, loosen the set screw on the front of the elasticator and adjust the guide plate to the width of the elastic; tighten the set screw.

Locate the pressure adjustment set screw (on the top of the roller guide) and turn the screw counterclockwise to completely loosen the pressure on the roller.

Place the fabric under the presser foot and begin stitching. Slowly tighten the pressure adjustment set screw to increase the pressure on the roller and stretch the elastic. *Note: Do not over tighten the screw. Excessive pressure on the elastic will bind the fabric.*

Stitch the elastic onto the fabric letting the presser foot stretch the elastic for you.

Return all settings to normal.



**Suggested Settings**

	L 460/L 450
Upper Looper	3-5
Lower Looper	3-5
Left Needle	3-5
Right Needle	3-5
Stitch Length	2.5
Cutting Width	6
Differential Feed	1

Overlocker Workbook 2

**Fabric:** Medium weight cotton, 3" x 14"  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of overlocker thread  
**Presser Foot:** Gathering Foot  
**Stitch:** 4-thread overlock

Thread the overlocker for a 4-thread overlock. Adjust settings as directed below, starting with a stitch length of 2.5mm and needle tensions of 5.

Attach the Gathering Foot to the overlocker.

Using a fabric marker, divide fabric into 3 sections along one 14" edge.

Turn the handwheel to lower the needles. (This also lowers the feed dog.) Insert the fabric under the Gathering Foot, up against the needles. The fabric should be on the stitch plate.

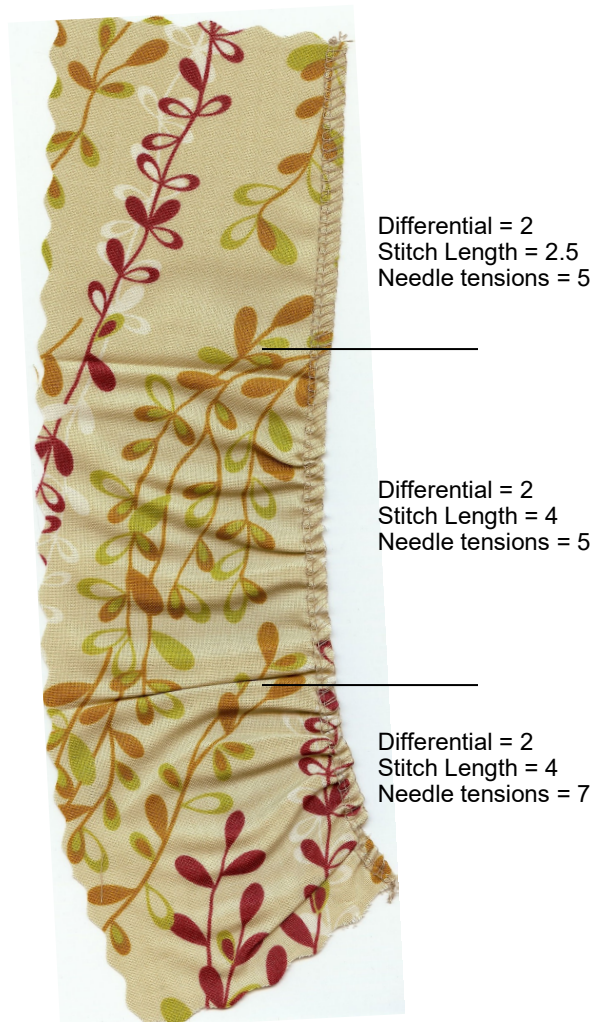
Lower the presser foot and overlock to the first mark.

Adjust the stitch length to 4mm and overlock to the second mark.

Increase the tension on both needles to 7. Overlock to the end of the fabric.

Mark the sample as shown.

Return all settings to normal.



**Suggested Settings**

	L 460/L 450
Upper Looper	3-5
Lower Looper	3-5
Left Needle	3-5
Right Needle	3-5
Stitch Length	2.5
Cutting Width	6
Differential Feed	1

Overlocker Workbook 2

**Fabric:** Medium weight cotton, 3" x 14" and  
Medium weight cotton, 3" x 8"

**Needle:** 80/12 Universal

**Thread:** 4 cones of overlocker thread

**Presser Foot:** Gathering Foot

**Stitch:** 4-thread overlock

Thread the overlocker for a 4-thread overlock. Adjust settings as directed below.

Attach the Gathering Foot to the Overlocker.

Raise the presser foot and insert the 14" strip of fabric (*right side up*) under the Gathering Foot with the fabric on the stitch plate. Lower presser foot. Sew several stitches until the fabric is under the needles.

Turn the handwheel to lower the needles. (This also lowers the feed dog.) Place the 8" strip of fabric (*right side down*) on top of the flap on the Gathering Foot, touching the needles.

Overlock the two strips together; the lower strip will gather as you sew.

Return all settings to normal.



**Suggested Settings**

	L 460/L 450
Upper Looper	3-5
Lower Looper	3-5
Left Needle	3-5
Right Needle	3-5
Stitch Length	2.5
Cutting Width	6
Differential Feed	1

Overlocker Workbook 2

**Fabric:** Medium weight cotton bias strip, 2" x 8"  
12" length of 3/8" cotton filler cord  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of overlocker thread  
**Presser Foot:** Multi-Purpose Foot with Guide  
**Stitch:** 4-thread overlock

Set the overlocker for a 4-thread overlock. Adjust settings as directed below.

Attach the Multi-Purpose Foot and Guide following the directions in the instruction manual for the Multi-Purpose Foot with Guide.

Insert the filler cord into the guide from front to back.

Raise the Multi-Purpose Foot and insert the filler cord into the guide on the left side of the foot. Feed the filler cord under the foot. Lower the foot and overlock a few stitches to stabilize the cord.

Wrap the bias strip around the plastic portion of the guide under the wire that goes over the guide.

Overlock slowly, guiding the fabric and the cord simultaneously; continue stitching until the cord is covered. It is now ready to be inserted into a seam as it is sewn.



**Suggested Settings**

	L 460/L 450
Upper Looper	3-5
Lower Looper	3-5
Left Needle	3-5
Right Needle	3-5
Stitch Length	2.5
Cutting Width	6
Differential Feed	1

Overlocker Workbook 2

**Fabric:** Medium weight cotton, 3" x 8", 2 pieces  
 Medium weight cotton bias strip, 2" x 8"  
 12" length of 3/8" cotton filler cord  
**Needle:** 80/12 Universal  
**Thread:** 4 cones of overlocker thread  
**Presser Foot:** Multi-Purpose Foot with Guide  
**Stitch:** 4-thread overlock

Set the overlocker for a 4-thread overlock. Adjust settings as directed below.

Attach the Multi-Purpose Foot and Guide following the directions in the instruction manual for the Multi-Purpose Foot with Guide.

Place one of the 3" x 8" pieces of fabric under the foot, *right side up*.

Wrap the bias strip around the cord and place the wrapped cord in the groove under the foot and on top of the other fabric.

Position the second piece of fabric, *right side down*, on top of the first with the wrapped piping between them.

Overlock, making the covered cord and attaching it to the fabric strip in one stitching.

Press the seam allowance to the wrong side of the fabric strip.



**Suggested Settings**

	L 460/L 450
Upper Looper	3-5
Lower Looper	3-5
Left Needle	3-5
Right Needle	3-5
Stitch Length	2.5
Cutting Width	6
Differential Feed	1

Overlocker Workbook 2

**Fabric:** Medium weight cotton, 3" x 18"  
 Medium weight cotton bias strip, 2" x 8"  
 12" length of 3/8" cotton filler cord

**Needle:** 80/12 Universal

**Thread:** 4 cones of overlocker thread

**Presser Foot:** Multi-Purpose Foot + Gathering Attachment

**Stitch:** 4-thread overlock

Set the overlocker for a 4-thread overlock. Adjust settings as directed below.

Attach the Multi-Purpose Foot only (no guide), following the directions in the instruction manual for the Multi-Purpose Foot with Guide.

Slip the Gathering Attachment on to the fixing screw and metal post directly behind the fixing screw. *Hint: Place the horseshoe-shaped slot over the screw, then rotate the attachment to lock over the metal post.* Tighten fixing screw.

Wrap the bias strip around the cord and place the wrapped cord in the groove under the foot with the raw edges to the right.

Take 2 or 3 stitches into the fabric and lower the needles into the fabric.

Place the 3" x 18" fabric *under* the Gathering Attachment and next to the needles.

Overlock, covering the cord, gathering the fabric strip and seaming all layers together.



**Suggested Settings**

	L 460/L 450
Upper Looper	3-5
Lower Looper	3-5
Left Needle	3-5
Right Needle	3-5
Stitch Length	2.5
Cutting Width	6
Differential Feed	1



Overlocker Workbook 2

**Fabric:** Medium weight cotton, 4" x 8"  
10" length of 4mm, plastic, pre-strung beads  
**Needle:** 80/12 Universal  
**Thread:** 3 cones of overlocker thread  
**Presser Foot:** Multi-Purpose Foot  
**Stitch:** 3-thread flatlock (narrow)

Set the overlocker for a 3-thread flatlock using the right needle. Adjust settings as directed below.

Fabric will not be cut for this technique and the upper knife needs to be disengaged. Disengage the knife by opening sewing table and looper cover; press knob in and turn clockwise until knife engages at lower position.

Attach the Multi-Purpose Foot only (no guide), following the directions in the instruction leaflet for the Multi-Purpose Foot with Guide.

Lay the pre-strung beads in the channel on the right side of the foot, threading them under the rear guide (see instruction leaflet for the Multi-Purpose Foot with Guide).

Turn the handwheel to encase the first beads inside the thread chain.

Fold the fabric in half to 2" x 8" and place the fabric under the foot with the fold halfway between the needle and the stitch finger or against the right seam guide.

Slowly flatlock the beads to the folded fabric.

Gently pull the fabric flat.

To reset and activate the knife, press the knob in and turn counter-clockwise until knife engages at the upper position.



**Suggested Settings**

	L 460/L 450
Upper Looper	4
Lower Looper	7
Left Needle	NA
Right Needle	2.5
Stitch Length	2.5
Cutting Width	7
Differential Feed	1

Overlocker Workbook 2

**Fabric:** Cotton jersey, 6" x 6"  
**Needle:** 80/12 Universal (ballpoint may be used if needed)  
**Thread:** 3 cones of overlocker thread  
**Presser Foot:** Blindstitch Foot  
**Stitch:** 3-thread flatlock (narrow)

Set the overlocker for a narrow 3-thread flatlock (right needle); adjust the settings as directed below.

Attach the Blindstitch Foot.

Fold the fabric under for a 1½" blind hem and then turn the body of the project back so that ¼" - ½" extends beyond the fold as in a conventional blind hem. Place the fabric under the foot.

Adjust the fabric guide so the needle just catches the fold in the stitching.

Stitch the hem, guiding the fold of the fabric against the guide.

Press the hem.



**Suggested Settings**

	L 460/L 450
Upper Looper	4
Lower Looper	7
Left Needle	NA
Right Needle	2.5
Stitch Length	2.5
Cutting Width	7
Differential Feed	1

Overlocker Workbook 2

**Fabric:** Medium weight cotton, 6" x 6"  
**Needle:** 80/12 Universal  
**Thread:** 3 cones of overlocker thread  
**Presser Foot:** Blindstitch Foot  
**Stitch:** 3-thread rolled hem

Set the overlocker for a 3-thread rolled hem (right needle); adjust the settings as directed below.

Attach the Blindstitch Foot.

Pull the Stitch Selection Lever toward you.

Fabric will not be cut for this technique and the upper knife needs to be disengaged. Disengage the knife by opening sewing table and looper cover; press knob in and turn clockwise until knife engages at lower position.

Move the fabric guide just to the left of the knife line on the stitch plate.

Mark three lines 1" apart across the fabric.

Fold the fabric *wrong sides together* along one marked line and place the fabric under the presser foot with the fold against the guide.

Overlock the tuck; repeat for the two remaining marked lines.

Return the Stitch Selection Lever to the normal stitching position.

To reset and activate the knife, press the knob in and turn counter-clockwise until knife engages at the upper position.



**Suggested Settings**

	L 460/L 450
Upper Looper	3-5
Lower Looper	7-8
Left Needle	N/A
Right Needle	3.5
Stitch Length	1-1.5
Cutting Width	5
Differential Feed	1

Overlocker Workbook 2

**Fabric:** Flat edging lace, 2 pieces, 6" each  
**Needle:** 70/10 Sharp or Microtex  
**Thread:** 3 cones of overlocker thread  
**Presser Foot:** Blindstitch Foot  
**Stitch:** 3-thread rolled hem

Set the overlocker for a 3-thread rolled hem(right needle); adjust the settings as directed below.

Attach the Blindstitch Foot.

Pull the Stitch Selection Lever toward you.

Raise the upper knife and lock it in the "up" position. You will not cut fabric with this technique.

Move the fabric guide just to the left of the knife line on the stitch plate.

Stiffen the lace with spray starch or fabric stiffener.

With right sides together, place the headers of the laces under the presser foot against the guide.

Overlock the laces together.

Gently pull the lace flat and press.



**Suggested Settings**

	L 460/L 450
Upper Looper	3-5
Lower Looper	7-8
Left Needle	N/A
Right Needle	3.5
Stitch Length	1-1.5
Cutting Width	5
Differential Feed	1