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Simplified Sewing Foam Laminates
Michigan State University Extension Service
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FOAM LAMINATES

COOPERATIVE EXTENSION SERVICE, MICHIGAN STATE UNIVERSITY, EAST LANSING

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FOAM LAMINATED FABRICS ARE primarily designed for outerwear, providing apparel which is light in weight, warm, and comfortable.

Fabrics are foam laminated by bonding a sheet of foam to one side of a fabric or by sandwiching a layer of foam between two layers of the same or different fabrics. The foam is a material made of many very small synthetic plastic cells whose structure aids insulation by trapping air in these tiny cells. At the same time breathability of the fabric is maintained for wearing comfort.

WHEN YOU SEW LAMINATES

When sewing the laminates:

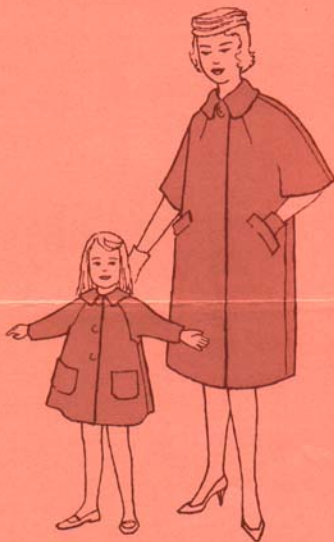
SELECT a pattern which is simple in design, one with few seams and extra details.

For example, choose a pattern with raglan sleeves rather than set-in sleeves. Use washable lining fabrics in garments which are going to be laundered.

HANDLE with grain of fabric or lengthwise rib of the knit.

You may cut one single thickness at a time. You may lay on pattern pieces with the outer fabric face to face inside. You may prefer to lay on pattern pieces with the foam sides face inside with a layer of tissue paper between. This enables you to more carefully follow the grain or the rib direction.

Pin pattern pieces securely to the fabric. Use sharp pins.



STITCH with a fine to medium needle, 10 to 12 stitches per inch, using medium pressure and slightly looser tension.

Strips of tissue paper, fabric strips of organdy or batiste, or seam tape may be sewed into the seam for easier passage through the machine. Fabric strips or seam tape will also give the seams stability. A walking presser foot attachment may be used for easier stitching of thick fabrics.

Welt seams give a smooth appearance on the right side. Set-in sleeves may be more easily set in the armscye with the shirt method (underarm seams open).

INTERFACE to stabilize button hole and button areas, or more normally, to give body to facings and collars.

Use a lightweight fabric such as batiste or fine muslin or "press-on" interfacings for stabilizing buttonhole areas.

WHEN YOU HEM LAMINATES

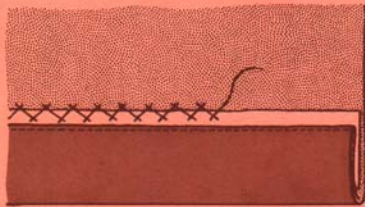
Hemming may be done several ways:

TECHNIQUE ONE:

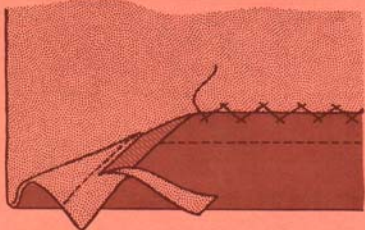
Interface the hemline with a lightweight fabric cutting it $\frac{1}{4}$ " to $\frac{3}{8}$ " deeper than the hem. Edgestitch the raw edge of the fabric hem to the interfacing. Then catch stitch the projecting edge of the interfacing to the garment. This method avoids hemming through two layers of foam.

TECHNIQUE TWO:

One technique to reduce the bulk of the foam includes edgestitching the hem $\frac{1}{2}$ " to $\frac{3}{8}$ " from the raw edge, peeling off the foam from the underside of the hem edge to the line of stitching, and then hand stitching the peeled edge of the hem to the foam of the garment piece. This method eliminates some bulk.



Technique One



Technique Two

WHEN YOU PRESS LAMINATES

Press with a steam iron from the right side of fabric. If it is necessary to press plain seams from the wrong side of garment, place strips of paper under seam edges to protect the foam. You may want to slash large darts and press them open.

EXPERIMENT

Remember when working with foam laminates that you will need to experiment to get desired results. Adjustments may be necessary in choice of interfacing, thread, machine setting, etc.