



LEARN & CREATE

with Baby Lock



Nordic Scarf and Mittens!



For this project we will use the Baby Lock Applaud Creative Cover Stitch Machine to create the look of a hand knitted scarf and mitten set. By using a variety of thread weights and my stitch-stacking technique, you will create textures similar to hand knitted pieces. The mittens are an adaptation of the Simplicity pattern S9658.

Skill Level: Scarf - Beginner, Mittens -Intermediate

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Finished Size – Scarf: 9" x 60"

One Mitten: 10 ½" x 5 ½" I made the L size



Project created with:

- Baby Lock Applaud Creative Cover Stitch Machine
- Baby Lock Triumph Serger or 4-thread Overlock
- Baby Lock Sewing Machine

Supplies:

- Simplicity Pattern S9658 for the mittens
- High Quality, No Pill Polar Fleece- 60" width, ½ yard for both the scarf and adaptive mittens I used a solid white
- Lining for the mittens, See pattern envelope
- Cuff-Ribbed Knit 6 ½" x 10 ½"

Notions -

- 4 Spools Serger Thread that matches the Polar Fleece, I used white
- 2 Spools Maderia Decora 12 Weight Thread I used #2089 and #2093
- 2 Spools Presencia Pearle Cotton #8 C/3574 Tint 195
- 1 Spool Candlelite Metallic Yarn, Royal Blue 204-06-040
- 1 Spool Blue Metallic Machine Embroidery Thread
- 1 Spool Green Metallic Machine Embroidery Thread
- 2 Spools Wonderfil Purple Razzle Thread

Tools Needed -

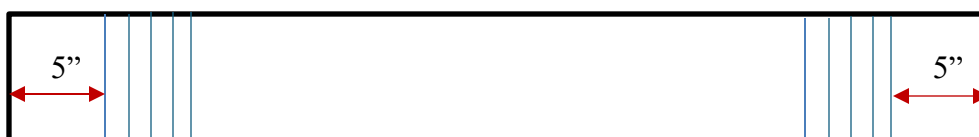
- Removeable Marking Pen or Pencil
- Acrylic Ruler
- Clear Curve Presser Foot for the Overlock Machine
- Fray Block, Fray Check, double eyed needle or your preferred method to manage thread tails
- Clips to hold hem in place
- Fabric Guide and screws for the cover stitch table
- 8" Fabric Shears

Getting Creative:

Creating the Scarf:

Note: I recommend reading the instructions first. It is a great time saver if you can create the Applaud stitches for the scarf and the mittens together at the same time.

1. Cut one piece from the polar fleece that measured 10" x 60" for the scarf.
2. From each of the short ends, measure up 5" and draw a line with the removable marking tool parallel to the short end.
3. Create four additional lines parallel to the first line and 1" apart on both ends.



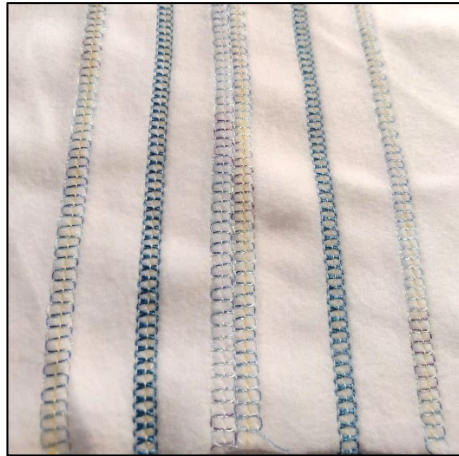
Each of the drawn lines are assigned a number to assist you in creating the Applaud Stitches. The number one (#1) line will always be the closest to the finished tassels of the scarf (They are 5" away from the short end).

4. Set the Applaud for a triple cover stitch, with a stitch length of 4, and white serger thread in all three needles and the looper. Put the Decora threads in both wipers. Test on a scrap of polar fleece to make sure your stitches are forming correctly. These will create a row of oval shaped stitches. Remember when stitching to stitch a bit slower when using thicker threads.
5. Align the C2 needle red guideline down the center of line # 3 and stitch over the drawn line. Repeat this stitch on line #1 and #5 and on both ends of the scarf.
6. Align the C1 needle red guideline with the edge of #3 stitches that are the closest to the center of the scarf and #4 and stitch an additional row of stitches next to the #3 line of stitches.



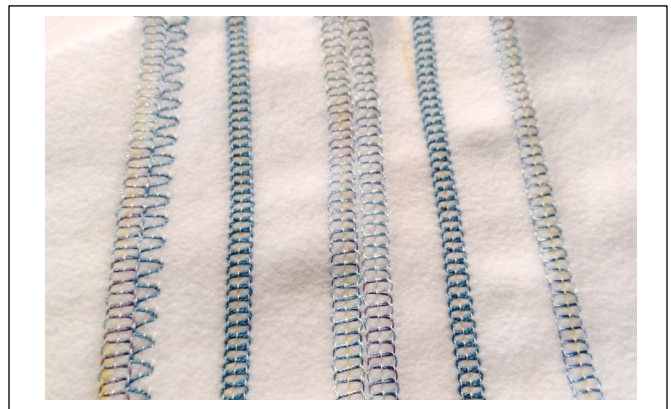
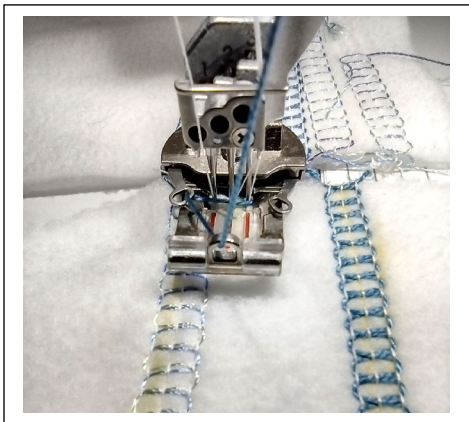
7. Load the Pearle Cotton in both wipers, keep the triple cover stitch, and the stitch length at 4.

8. Align the C2 needle down the center of lines #2 and #4 and stitch on both lines. Repeat on the other end.

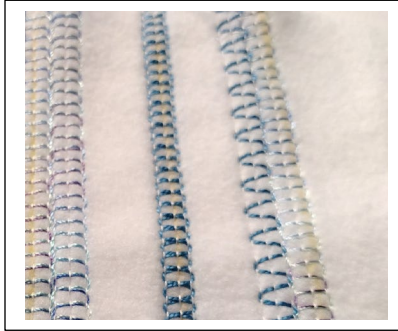


9. Remove the Right wiper thread no other adjustments are needed. This will create a rick rack stitch.

10. Align the C1 needle red guideline with the edge of the stitches on line #1 and the side closest to line # 2. Stitch a line of rick rack stitches. Repeat on the other end.



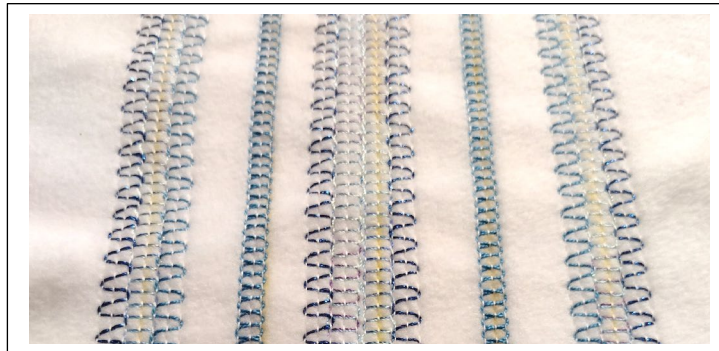
11. Align the C1 needle red guideline with the edge of the stitches on line #5 on the side closest to line #4. Stitch a line of rick rack stitches. Repeat on the other end.



12. Change the Left wiper thread to the Candlelite Metallic Yarn. There are no other adjustments.

13. Add a row of rick rack stitches to the other side of lines #1 and #5 on both ends of the scarf. Use the C1 needle red guideline to guide you with placement.

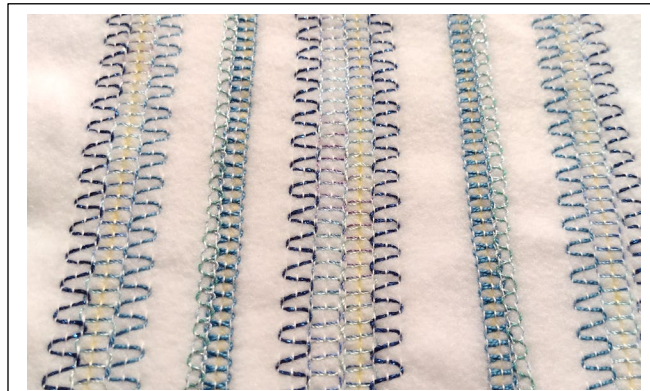
14. Now stitch on each side of the double rows of stitches on #3. Repeat on both ends.



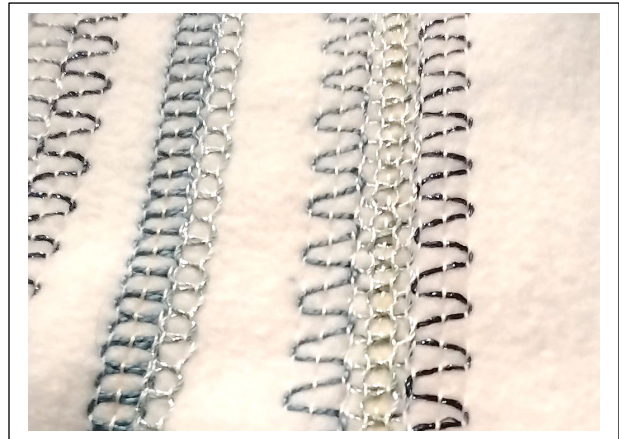
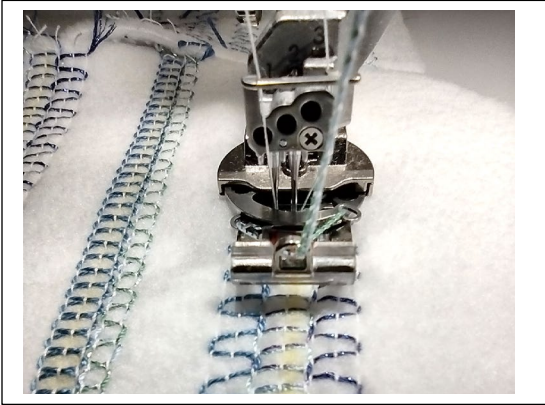
15. Remove the C3 needle and spool of thread to set the Applaud up for a cover stitch narrow using C1 and C2. Remove the Candlelite Metallic Yarn. Thread the left wiper with green metallic machine embroidery thread, and the right wiper with blue metallic machine embroidery thread. This will create little circles.

16. Stitch little circles next to line #2, on the side closest to line #1. Repeat on both ends.

17. Stitch little circles next to line #4, on the side closest to line #5. Repeat on both ends.



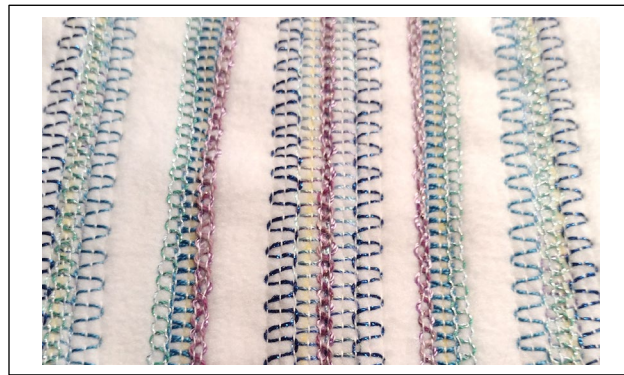
18. Next stitch little circles down the center of lines #1 and #5 stitching over the oval stitches. Use the C1 and C2 red needle guides to assist you in straddling the drawn line. Repeat on the other end.



19. Change both wiper threads to the Wonderfil Purple Razzle threads. No other adjustments are needed.

20. Next stitch a line of purple circles between the two rows of oval stitches on line #3. Repeat on both ends.

21. Add a line of purple circles on lines #2 and #4, on the opposite side of the metallic circles, and closest to line #3.



22. Trim any extra-long thread tails from the long edges of the scarf.

23. Roll a ½" of the long front edge to the back to create a hem. Clip in place.

24. Lock the wipers open. And set up the Applaud for a cover stitch wide, C1 and C3, with standard serger thread, and the wipers empty. Attach the fabric guide and set it up to assist you in stitching a ½" hem.

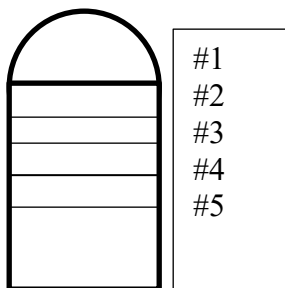
25. Stitch down the long edges creating a ½" hem. Use Fray Block to assist with threads that may work their way out of the hem.

26. With the 8" fabric shears cut from the short edge to about ¼" away from line #1. Do not cut through any of the wiper threads! Make the cuts or the tassels about ½" wide. Enjoy your new scarf!

Creating the Mittens

1. For the mittens I used the Simplicity pattern S9658 with the following adjustments. I did not create the zipper pocket on the back and so I did not cut out those pieces. Instead, I used the back lining pattern of the mitten to create the back of the mitten. So, I cut 2 of the back lining pattern piece out of polar fleece and 2 of the back lining pattern piece out of the lining fabric. I also did not create a polar fleece cuff. I cut two pieces of a ribbed knit 6 ½" x 10 ½". I followed the pattern directions for cutting the front pieces of polar fleece and lining.

2. To create the Applaud stitches I drew 5 lines, one inch apart, with a removable marking tool. I marked the polar fleece on the back of the mitten, starting my #1 line just below the top semicircle where the back edges are straight.



Follow the Applaud stitch patterns from steps #4-21 in creating the scarf to create a similar pattern on the back of both mittens.

3. To construct the mittens, I followed the steps outlined in the Simplicity pattern. I did omit the zippered pocket and the polar fleece cuff. I used my sewing machine to baste (stitch length of 5 mm) pieces with a scant ¼" seam before serging them to ensure that seams would meet accurately and so I would not need to use pins at my serger. Then I serged the seam with a 3-thread overlock stitch and ¼" seam allowance. I would recommend a clear curved foot for the overlock serging to assist in visibility and less resistance around the gentle curves.

4. To create the ribbed cuff, I serged the short ends (6 1/2") together with a ¼" seam allowance and a 4-Thread Overlock. I then folded the cuff in half wrong sides together matching the long raw edges together. I matched the seam of the cuff with the seam on the thumb side of the outside mitten and the lining. I basted it in place with a scant ¼" seam using the sewing machine with a straight stitch and a stitch length of 5mm. Then I serged the seam using a 4-thread overlock stitch and a ¼" seam allowance. Manage your thread tails with Fray Block or a double eyed needle.

I hope that your new scarf and mittens will keep you warm!