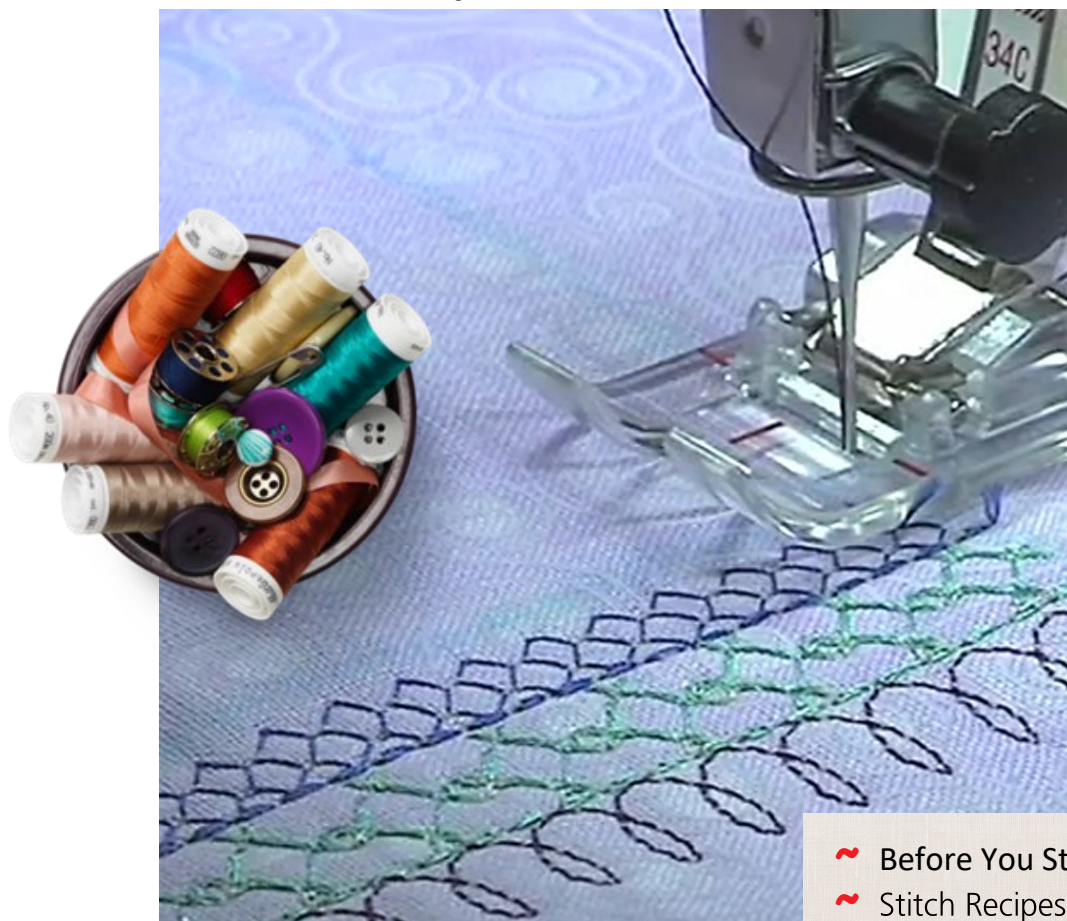


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SERIES

Just SEW It!

# Stitch Manipulations



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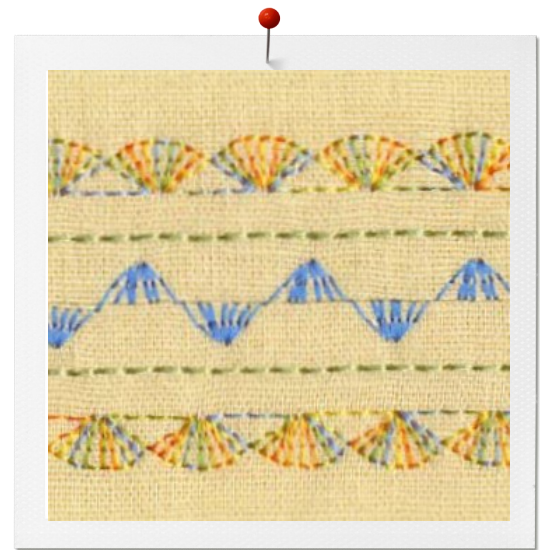
- ~ Before You Stitch
- ~ Stitch Recipes
- ~ Pivotal Stitches

# Stitch Manipulations

Sewing machine stitches are fun to use as decoration and embellishment options on almost any type of project. From soft blouses to tailored jackets to practical purses, stitches can be used to add style and fun. Use them as they come out of the machine or for more creative options, try some of the changes and manipulations found on the following pages.

The following stitch techniques are described on the following pages:

- Before You Stitch
- Stitch Recipes
- Pivotal Stitches



## Before You Stitch

### Presser Feet

The choice of presser foot when sewing decorative stitches depends on the particular stitch patterns selected and the precision needed for placing them on the fabric in relation to each other. Some presser feet are clear or have parts cut away for better visibility of the stitching area, and may also have markings or notches to aid in perfect stitch alignment. Some are engineered for heavy satin stitches while others work best for open stitches that have less thread build-up.

The following presser feet are good choices for decorative stitching:

- Open Embroidery Foot #20/20C/20D: Good for most stitches. Sole has a wedge-shaped indentation for heavy satin stitches; open area in front offers good visibility and the notch on each side of the foot helps with stitch alignments.
- Clear Foot #34/34C/34D: Good for open stitches but not satin stitches. Clear sole offers great visibility and easy-to-see red marks make stitch alignments simple.
- Clear Embroidery Foot 39/39C: Sole of the foot is engineered the same as Foot #20 making this foot good for most stitches, including heavy satin stitches; clear sole offers great visibility and easy-to-see red marks make stitch alignments simple.
- Non-Stick Open Embroidery Foot #56: Another foot engineered the same as Foot #20 with one addition – the sole is coated so that it slides over materials such as vinyl and leather without dragging.



### Thread Choices

Almost any type of thread will work with decorative stitching depending on the desired look. Polyester, rayon, cotton, and silk are good choices but each offers a slightly different look and feel. Polyester and rayon embroidery thread both have a high sheen but polyester is much more durable and wear resistant than rayon. Cotton has a soft look that often sits higher on the surface of the fabric but usually doesn't have the luster of rayon and polyester embroidery thread. Silk is a strong thread that is used for basting and decorative work. The weight of the thread can make a difference in the finished look of the stitch: the higher the number, the finer the thread and of course, the lower the number, the thicker the thread.

## Needle Options

A sharp point usually gives the most precise stitching and works best for decorative stitching on woven fabrics. Microtex and Embroidery needles have sharp points and are good for sewing stitch patterns. Select a size that works well with the weight of the fabric and stabilizer combination.

## Stabilizers

If the fabric is not sturdy it must be stabilized in some way to serve as a strong foundation for added stitching. Interfacing, stabilizer and batting can all be used for this purpose (separately or any combination of the three), depending on what the project calls for. If using stabilizer, consider these types:

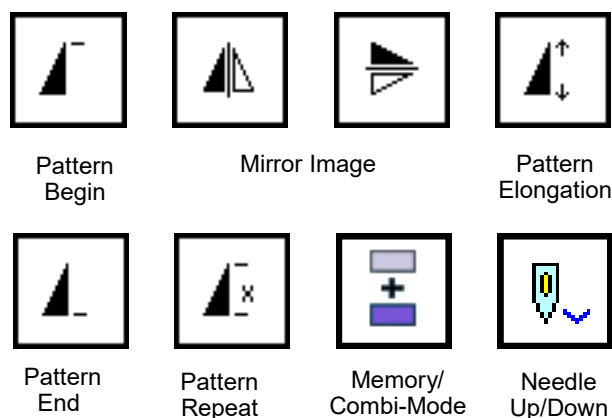
- Tear-Away – Easy to remove, this type of stabilizer is available in light, medium and heavy weights. Some stabilizer remains behind but will soften with washing.
- Cut-Away – A stabilizer with no stretch, cut-away will remain in the project but can be trimmed closed to the stitching.
- Wash-Away – For use when all stabilizer needs to be removed from the project, this stabilizer should be trimmed as much as possible before rinsing the project to remove all traces.



## Machine Features

When working with stitches, the creative functions on the machine (will vary by model) make the process easier and offer more creative options.

- Pattern Begin – At the press of a button, the pattern resets to start precisely at the beginning, which is especially important when aligning lines of stitching. If Pattern Begin is not available, simply reselect the stitch; it will go back to the beginning.
- Mirror Image (horizontal and vertical) – Flip the orientation of stitch patterns in one or both ways to change the look of the pattern; great for sewing stitch patterns that face each other.
- Pattern Elongation – Expand the stitch pattern length in 1% increments up to 1000%. Stitches will be added so that the integrity of the stitch is maintained, rather than stretched out and sparse-looking.
- Pattern End – No more half-finished patterns; machine stops after pattern is complete. Especially helpful in pivotal stitching, Pattern End helps to precisely place the stitch pattern by pattern.
- Pattern Repeat – Program the machine to stop at the end of 1 – 9 repeats. Works with a single stitch or stitch combination.
- Memory/Combi Mode – Combine two or more stitches to create patterns beyond the preprogrammed stitches included with the machine.
- Needle Stop Up/Down – For the most control, set the needle to be down in the fabric each time the machine stops.





# Stitch Recipes

Create decorative bands of elegant stitches using a variety of “ingredients” from the decorative stitches menus on your machine. Your recipe can be as simple or as complex as you choose, using your favorite stitches or experimenting with new

## Machine Settings

- Clear Embroidery Foot #39/39C or Open Embroidery Foot #20/20C/20D
- Desired stitches
- Needle Stop Down

## Step 1

Prepare the fabric with interfacing, batting, and/or stabilizer as needed.

## Step 2

Using a fabric marker, draw a vertical line for the center position of the stitch recipe; draw a horizontal line to mark the beginning of each vertical row.

## Step 3

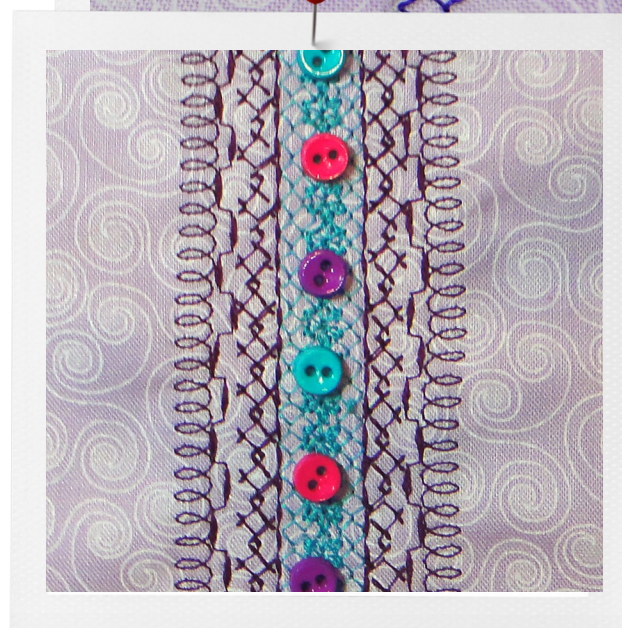
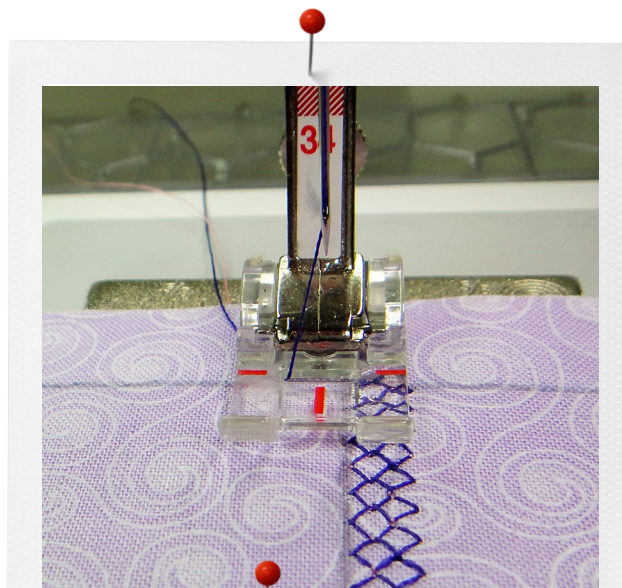
Position Clear Embroidery Foot #39/39C at the starting point with the side red lines of the foot aligned with the drawn horizontal line. The red line at the center of the foot will be on the vertical drawn line if *there is a line of stitching in the center*. The recipe shown places the first two lines of stitching side by side and the last stitch pattern is sewn on top of them. In this instance align the inside edge of the left toe with the drawn line.

## Step 4

After stitching the first line, re-position the presser foot at the starting point, again aligning the side red lines on the foot with the drawn horizontal line. Stitch the second line with the center drawn line aligned with the opposite (right) inside toe of the foot as shown in the photo above.

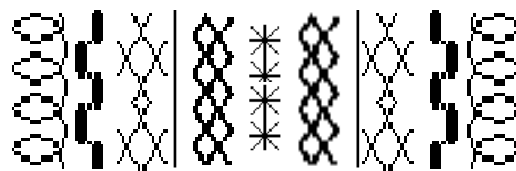
## Step 5

Continue stitching as indicated on the chart, moving back and forth to complete the two lines of the same stitch before moving on the next one. *Note: The video shows an alternate order of stitching; either method will work.*



## Stitching Order

10 8 6 4 2 11 1 3 5 7 9



Click for Video!

See step by step instructions for building this stitch recipe!



# Stitch Recipes, continued

## Stitch Tips

Create a "Stitch Book" that shows all of the stitches on your machine in stitched form. It is a useful tool when making selections for a new recipe.

Set the machine motor at half speed to make it easier to position the stitching lines as desired.

Start each stitch recipe with a new needle for the best stitching results.

Non-Stick Open Embroidery Foot #56 has a coated sole for sliding over leather, plastic, and vinyl.

Always stitch a test to determine the desired order and spacing of the stitches. This practice stitching will also help determine which stabilizer, interfacing, and/or batting works with the selected fabric.

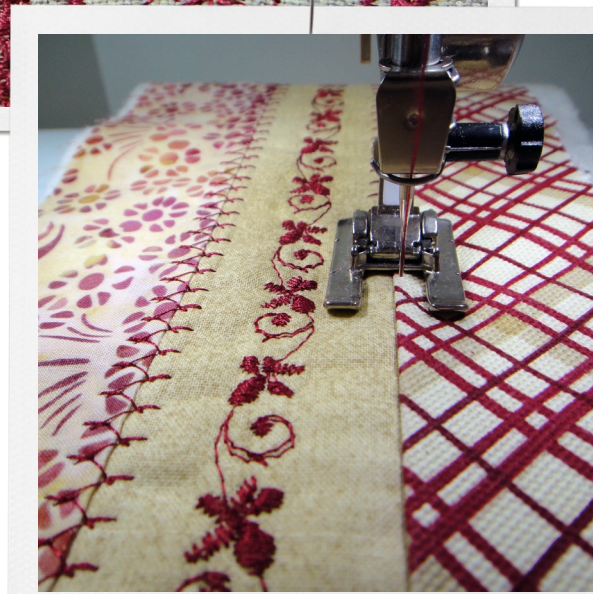
The drawn vertical line for the center position of the stitch recipe and the drawn horizontal line that marks the beginning of each vertical row are essential for stitch placement. Drawing additional vertical lines can also help with guiding. Drawing vertical lines parallel to the center line offers more visual cues for keeping the stitching straight.

Most of the stitching lines will be placed beside a previous one at the desired spacing. Use the outer edge of the foot to show fabric between the lines of stitching and the inner edge of the toe with maximum stitch width to place the lines of stitching side by side.

Additional stitches can be added on top of previous stitching, especially to conceal where two lines of stitching meet. Use Mirror Image functions when two lines of stitching need to face opposite directions.

Add stitch recipes or individual rows of decorative stitching on pieced fabric to disguise seams and add interest to the background.

Attach small buttons or beads to your recipe as desired for a finishing touch to your stitch recipe.



Click to access blog!

Click here to access the WeAllSew  
blog "BERNINA Stitch Recipes —  
Then and Now"





# Pivotal Stitches

Each line of decorative stitching is made up of one pattern or motif that repeats over and over again. Isolate the pattern and alter the direction each one is stitched and it takes on a whole new look. Pivotal stitching makes a 90 degree turn after each pattern and the result is a “sunburst” of design.

## Machine Settings

- Clear Embroidery Foot #39/39C
- Desired stitch (see examples below)
- Pattern End or Pattern Repeat 1
- Needle Stop Down

## Step 1

Stabilize the fabric as needed. Draw one or more vertical guidelines and one or more horizontal guidelines on the fabric.

## Step 2

Stitch the first pattern, letting the machine stop automatically at the end of the pattern (with needle down in the fabric). Watch the edge of the presser foot and keep it parallel to the guideline.

## Step 3

Pivot the fabric 90° and stitch the pattern again until the machine stops, again keeping the edge of the foot parallel to the guideline.

## Step 4

Continue until 4 patterns are sewn to complete the design.

## Step 5

For a different look stitch the same pattern, turning the fabric counterclockwise.

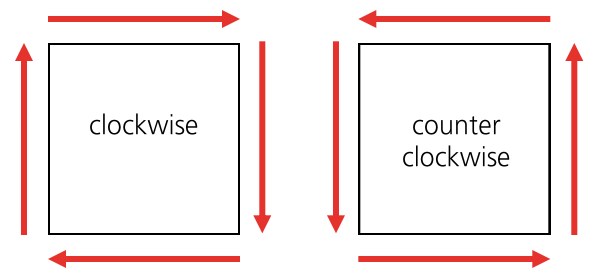
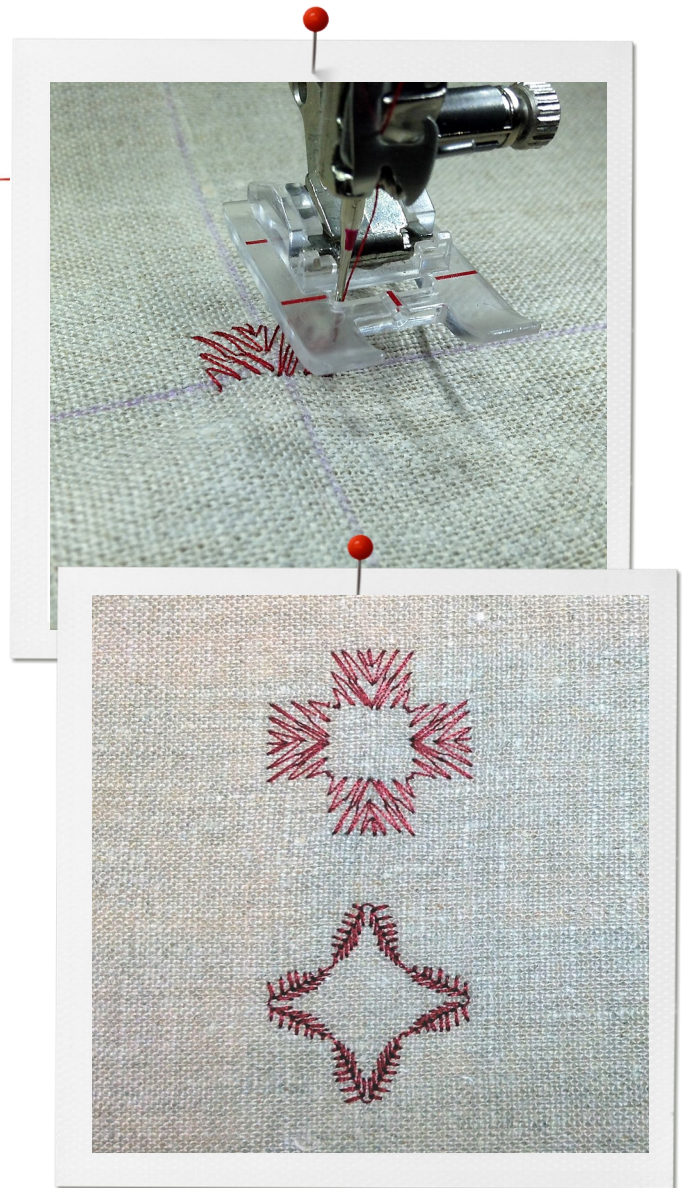
## Tips

Try a variety of patterns and both pivoting directions for an assortment of looks.

Adjust the motor speed to half or less for more control.

For quicker stitching, use Pattern End and the On/Off Button (no foot control) if available so that the machine stops exactly at the end of the pattern. With the Needle Stop Down feature engaged, the machine will stop with the needle in the fabric, ready to pivot.

Use the Freehand System (FHS) to raise the presser foot without using hands. You'll have easy pivoting and be able to keep your hands on the fabric for guiding and control.



Pivot 90° after stitching each pattern. The pivot direction can be clockwise or counter clockwise, depending on the look desired.