

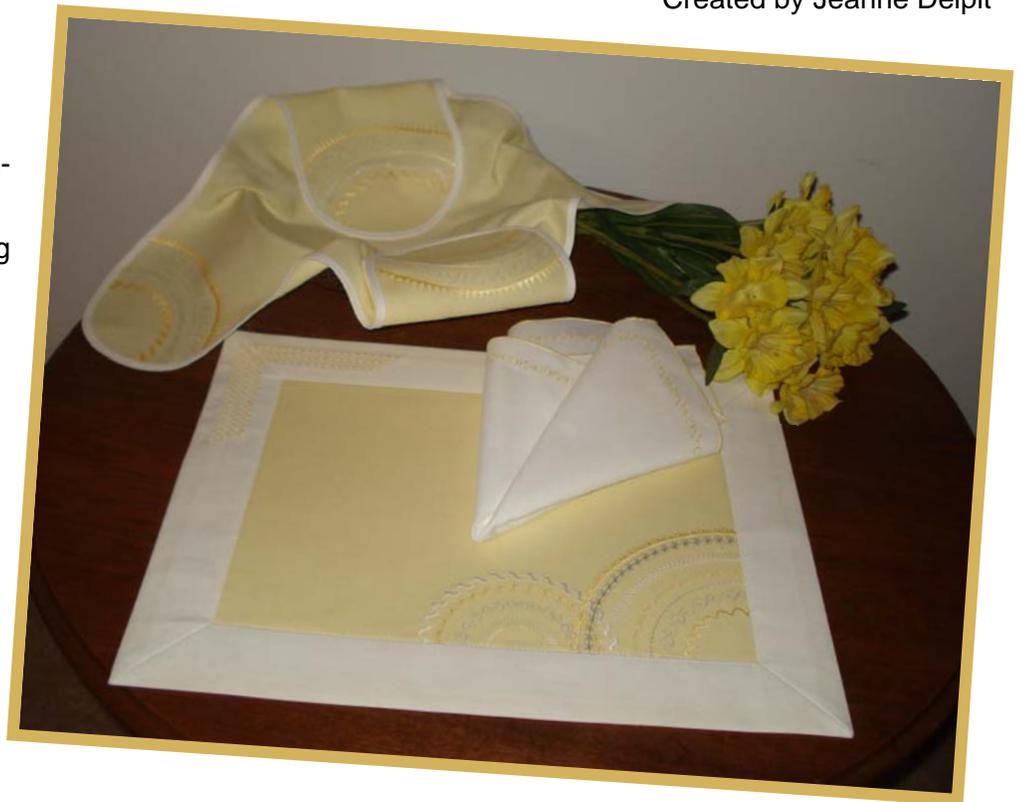
**BERNINA  
8 Series**

# Stylish Stitching for the Table Placemats & Napkins

Created by Jeanne Delpit

The **BERNINA 830 & 820** offer a bounty of beautiful decorative stitches along with exclusive sewing features such as Tapering and BERNINA Dual Feed - providing you with the ultimate resources for creative stitch play. Add the Circular Embroidery Attachment to your 8 Series accessory box and create a stylish set of placemats and napkins.

The BERNINA 8 Series Sewing Machines are made to create!



## Supplies

### Machine & Accessories

- BERNINA 820 or 830 Sewing machine
- BERNINA Serger (for napkins)
- Reverse Pattern Dual Feed Foot #1D
- Edgestitch Dual Feed Foot #10D
- Open Embroidery Dual Feed Foot #20D
- Clear Foot #34C
- Circular Embroidery Attachment #83

### Fabric & Notions

- Kona Cotton - two complementary colors - placemat center & back/mitered flange.
- Kona Cotton - napkins
- OESD Ultra Clean & Tear stabilizer
- OESD BadgeMaster stabilizer
- OESD Heavyweight CutAway stabilizer
- HTC ArmoWeft Fusible Interfacing

- 505 Temporary Adhesive Spray
- Best Press
- Jeans Needle – #80

### Threads

- Isacord Threads for decorative stitching
- Mettler 60 wt cotton thread for bobbin
- Mettler 50 wt cotton thread for construction

### Additional Supplies

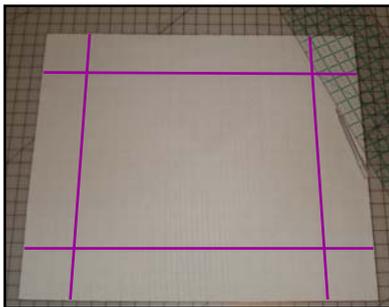
- Thread Snips
- Cut for the Cure Ruler™ – 7" x 24"
- Rotary Cutter and Mat
- Water Soluble Marking Pen
- Straight Pins
- Point Turner
- Tracing Wheel

## Stylish Stitching - Placemat

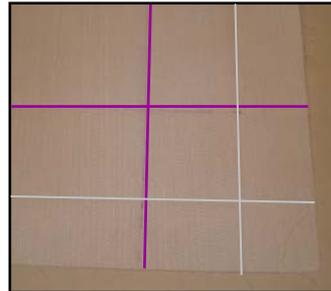
- Prewash all fabrics chosen for the projects. Press.
- Preshrink the ArmoWeft fusible interfacing according to the manufacturer's instructions.

### Preparing the Placemat Base

- Cut the base fabric 25" wide x 21" tall.
- Fuse the ArmoWeft interfacing to the wrong side of the base fabric following the manufacturer's directions. Trim away any interfacing extending past the edges of the fabric.
- Using the water soluble marker, draw a line on each side 3 ½" in from outer edges.
- Fold wrong sides inward on marked lines and finger press in place.
- With the folds still in place on the top and bottom edges, but the sides unfolded to lay flat, use the tracing wheel to create a dotted line 2" in from the outer fold edge. Fold fabric under on the mark created by the tracing wheel and pin in place. Finger press creases into fabric. This will create the 2" border around the inner layer of the placemat.
- Unpin top and bottom edges and unfold to lay flat. Repeat the tracing wheel marking steps above for the sides of the placemat base.

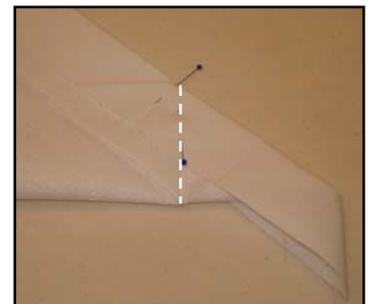
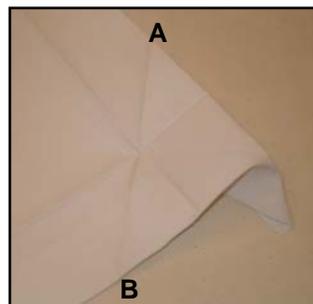


- Working on a pressing surface, place base fabric wrong side up. Open the folds just created.
- Working on one corner at a time, fold the outer corner up, wrong sides together, forming a 45° angle to the original folds. Finger press the foldline.

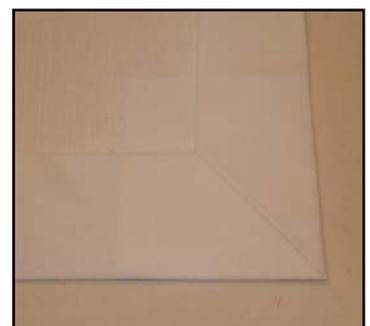


*Tip: Use the marked lines on the base fabric as guides for placement. The new fold should not lay past the corner point on the base fabric.*

- Place base fabric right side up and unfold just the border edge leaving the raw edge tucked under. Bring the creased line at "B" right sides together, to the creased line at "A" being sure to keep the fold at the edges exactly even. With the creased lines aligned exactly on top of each other, insert a pin through the creases at a 90° angle to the folds on the edge. Now place a pin on the new stitching line as denoted below with the dotted line.

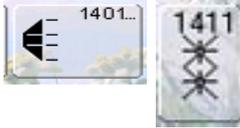
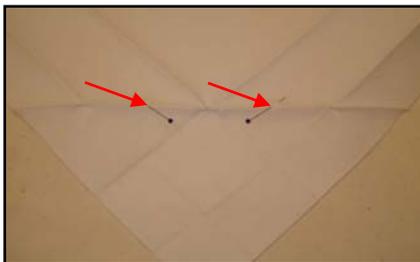
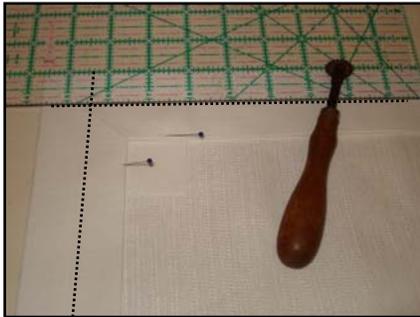


- Do not stitch the miters together yet.
- With the pin on the new stitching line in place, fold the right side of the base fabric to the outside. Use a point turner to adjust the excess fabric into place in the corners. Once the corner is flat and the inside fold of the border edges align evenly, cover the corner with a pressing cloth and steam gently to set the miter crease.
- Repeat these steps for all 4 corners.



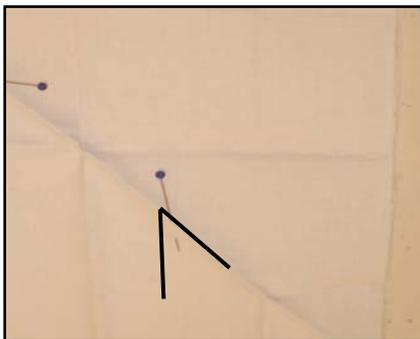
### Creating the Taper Stitches

- Place the pressed upper left hand corner of the base fabric on a flat surface, right side up.
- Using the tracing wheel again to mark the fabric, create an 8" line 1" in from the outer edge of the base fabric on the side and top. This line should be in the center of the border edge. Make sure the lines on the fabric cross in the upper left corner. Pin the corner in place.
- Open the fold completely and place a pin where the marked lines will meet.

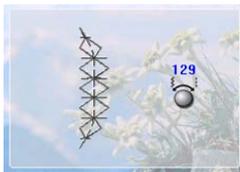


- Select Tapering Stitches from the Decorative Stitch Menu. Select Stitch #1411.

- The first set of Taper stitches will be created on the left side of the base fabric border. Note that the angle where the stitches will meet at the corner is 45°.



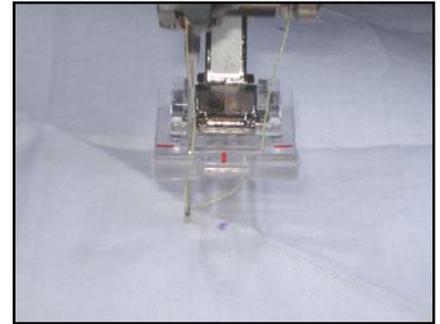
- Select Taper option #2 for the 45° angle with the first stitch starting at the upper left hand side of the motif.



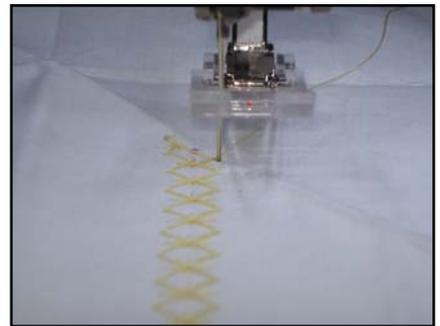
- Select Auto Taper Measuring.
- The center Taper is created first for placement purposes.
- Change the length of the Taper to 129.

- Touch Check to confirm the new length.

- Attach Clear Foot #39C; insert a #80 Jeans needle.
- Thread the machine with the color of your choice. Wind the bobbin to match the base fabric and thread the bobbin for embroidery tension.
- Hand-walk the needle into the fabric so that the first stitch will be taken close to the miter fold. Stitch using the lines on the foot to follow the dotted lines created by the tracing wheel.

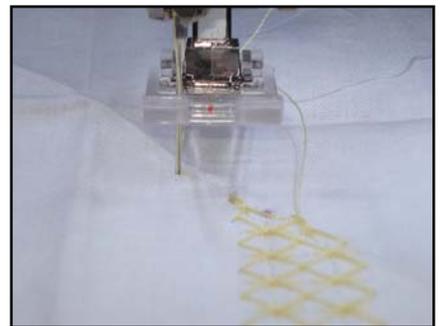


- The next Taper will be to the right of the first. Change the Auto Taper length to 115 and confirm. Hand-walk the needle into the fabric and use the markings on the foot to guide the stitching adjacent to the first row.



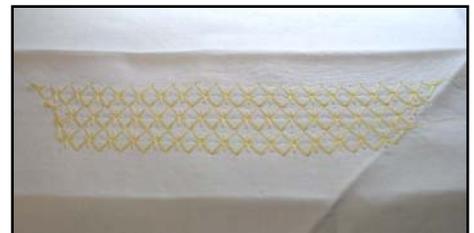
- Slowly stitch the second row guiding the fabric so that the needle points align.

- The next Taper will be to the left of the first. Change the Auto Taper length to 142 and confirm. Hand-walk the needle into the fabric and use the markings on the foot to guide the stitching adjacent to the first row.



- Slowly stitch the third row guiding the fabric so that the needle points align.

- The first Taper is now complete.



- Next, create the second Taper facing the opposite direction.



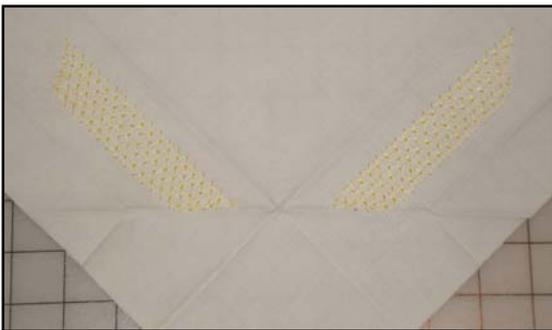
- The angle of the Taper will still be 45° but in the opposite direction.

- Select Taper option 3 with the first stitch starting at the upper left hand side of the motif.



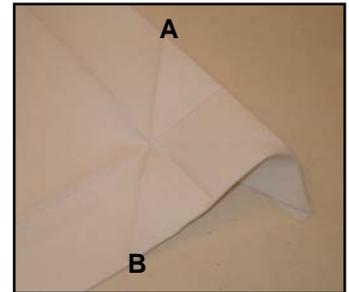
- Select Auto Taper Measuring.
- The center Taper is created first for placement purposes.
- Change the length of the Taper to 129.

- Touch Check to confirm the new length.
- Hand-walk the needle into the fabric so that the first stitch will be taken close to the miter fold. Stitch until the machine stops using the lines on the foot to follow the dotted lines created by the tracing wheel.
- The next Taper will be stitched to the right of the first.
- Change the length of the Taper to 142 and confirm.
- Follow the same stitching steps as described for the opposite Taper creation.
- Once the second Taper stitch is complete, change the length of the final Taper to 115 and confirm. This Taper will be sewn to the left of the first Taper.
- Remember to sew slowly and periodically raise the presser foot to make sure the needle penetration points align.
- Your Taper creations are complete.

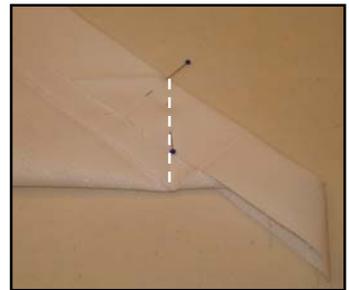


### Stitching the Miters at the Corners

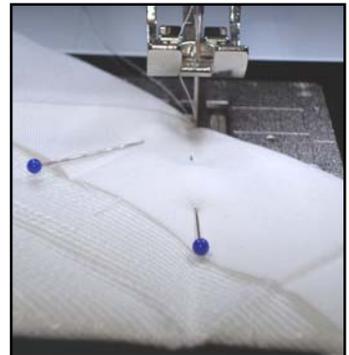
- Next, stitch the miters together at each corner.



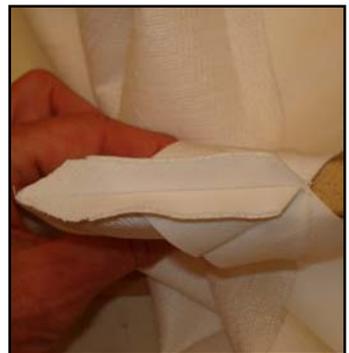
- Place base fabric right side up and unfold just the border edge leaving the raw edge tucked under. Bring the creased line at "B", right sides together, to the creased line at "A" being sure to keep the fold at the edges even. With the creased lines aligned exactly on top of each other, insert a pin through the creases at a 90° angle to the folds on the edge. Now place a pin on the new stitching line as denoted below with the dotted line.



- Attach Reverse Pattern Dual Feed Foot #1D. Engage Dual Feed.



- Thread the machine and bobbin with thread to match the base fabric.
- Thread the bobbin for sewing tension.



- Beginning at the fold, exactly where the "A" and "B" creases align, stitch to the opposite edge of the fabric to create the miter.

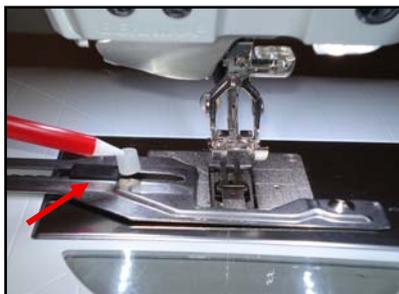
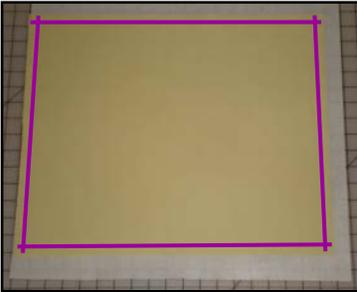
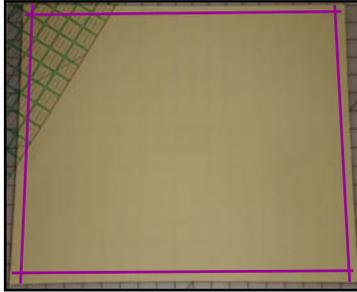
- Repeat for all 4 corners.
- For each corner, trim away the excess fabric along the seam line and at the corner. Press the seam allowance open.

- Turn all 4 corners right side out. Press flat and set aside.

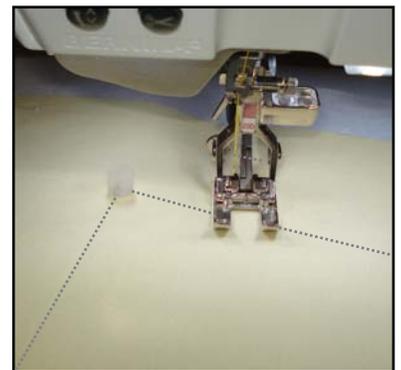
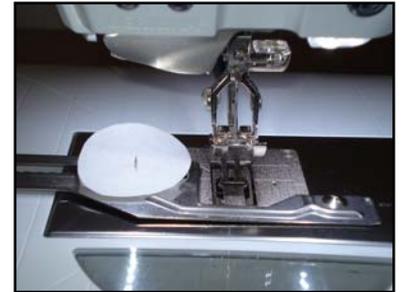


## Preparing the Inner Placemat

- Cut inner fabric 19" wide x 15" tall.
- Fuse the ArmoWeft interfacing to the wrong side of the inner fabric following the manufacturer's directions. Trim away any interfacing extending past the edges of the fabric.
- Using the water soluble marker, drawn a line on each side 1/2" in from outer edges.
- Select various colors of thread for circular decorative stitching. Wind a bobbin for each thread chosen.
- Set up one of the two Personal Program menus with decorative stitches as you may want to use for the decorative stitching. Storing them all in one place will save time during the stitch selection process.
- Secure a large piece of Ultra Clean & Tear stabilizer behind the inner fabric with a temporary spray adhesive.
- Using the tracing wheel, mark a line 2 1/2" in from the cut edge on the right hand side and the bottom of the inner fabric.
- With the marker, place a dot in the bottom right hand corner where the two lines intersect.
- Attach Circular Embroidery Attachment #83 to the bed of your machine using the screw and screwdriver provided in the box. The stylus is pointing to the rubber stopper and pin onto which the fabric is placed to sew in circles. The arrow is pointing to the slide that adjusts and locks the position of the rubber stopper and pin.

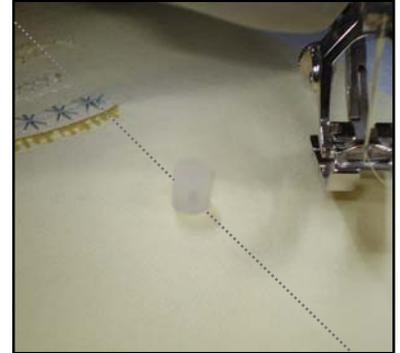


- The further away the pin is from the needle, the larger the circular stitching will become.  
*Note: When the stopper and pin are as far to the right as possible, that position will be referred to as "Home" for this project. The stopper and pin are currently in the 4th position from "Home" in the picture shown left/bottom.*
- Cut a small circle of Heavyweight CutAway stabilizer. Spray the top side with temporary spray adhesive. Remove the rubber stopper and place the stabilizer on the pin, centering it with sticky side facing up.
- Place the mark drawn on the inner liner, where the tracing wheel indentations intersect, directly on the pin of the Circular Embroidery Attachment and replace the rubber stopper.
- Attach Open Embroidery Dual Feed Foot #20D. Engage Dual Feed.
- Wind a bobbin with 60 wt fine cotton thread to match the fabric.
- Thread bobbin tension for embroidery.
- Thread the machine with your color of choice.
- Select a decorative stitch from your Personal Program Menu.
- Position the foot behind the marked line.
- Stitch the first decorative stitch being sure to start and stop outside the marked lines t least 1/2".
- Stop stitching periodically to make sure the fabric is laying flat.  
*Tip: Make sure there is no drag to your fabric that could prevent even feeding of the fabric under the presser foot resulting in unbalanced stitching.*



- When the first row of decorative stitching is complete, reposition the slide to a new position and select another decorative stitch. Changing needle thread will add variety to the stitching. Do not remove the fabric from the pin on the Circular Embroidery Attachment until you have completed all decorative stitching for that circle.
- To reposition the slide for a new stitching position, reach underneath the fabric with your left hand. Using your thumb, gently press down on the black tab and move the lock mechanism until you hear it click into the next place. Counting the clicks will identify the position from “Home.”
- When all decorative stitching is complete for the first circular motif, remove the rubber stopper and take the fabric off of the pin. Replace the rubber stopper. Slide the black positioning tab of the Circular Embroidery Attachment all the way back to the right or “home”,
- Measure 6” from the first rotation point and mark a dot on the line.

- If necessary, cut another circle of Heavyweight CutAway, spray with temporary spray adhesive & place it on the pin.
- Place the fabric on the new mark on the pin and replace the stopper.
- Once again, start the decorative stitching outside the line on the fabric and stop past the line when the stitching is complete.
- When the decorative stitches are complete, remove the fabric from the pin. Remove the Circular Embroidery Attachment from the machine.
- Gently remove the Ultra Clean & Tear stabilizer from the underside of the inner fabric. It is not necessary to remove it all from behind the stitching.



## Placemat Stitches

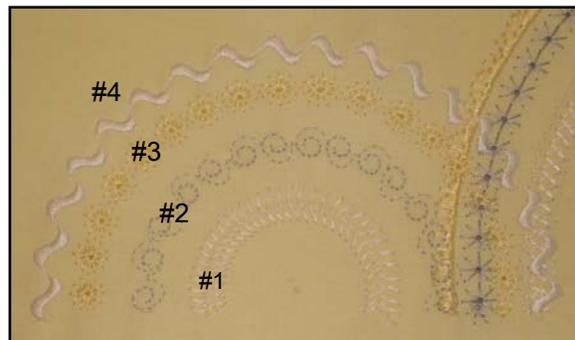
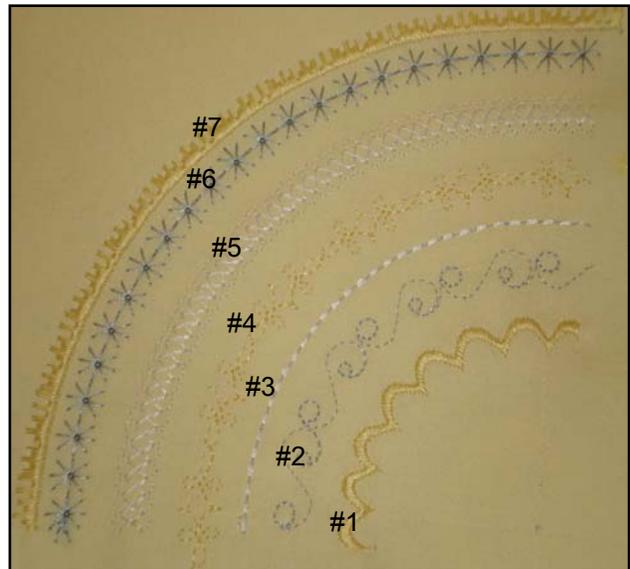
*The sample placemat was done with the following Decorative Stitches, Circular Embroidery positions and Stitch Alterations.*

### Circle One

- (1) Stitch #416, 4 positions from “home”
- (2) Stitch #656, 3 more positions to left
- (3) Stitch #713, 2 more positions to left
- (4) Stitch #750, 2 more positions to left
- (5) Stitch #309, 3 more positions to left
- (6) Stitch #711, 3 more positions to left
- (7) Stitch #419 - SW 6.0, 3 more positions to left

### Circle Two

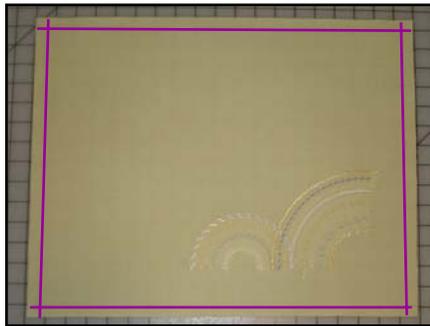
- (1) Stitch #1334, “Home” position
- (2) Stitch #738, 3 positions to left
- (3) Stitch #651, 3 more positions to left
- (4) Stitch #414, 2 more positions to left



### Putting It All Together

- Press the inner fabric with a pressing cloth and light steam.

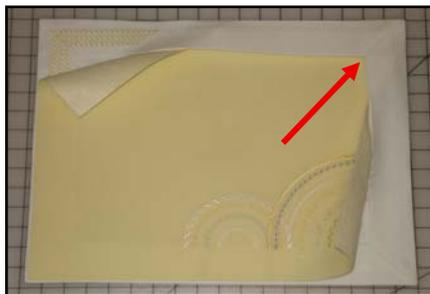
- Trim the inner layer on the 1/2" marked line on all sides.



- Place the base fabric on top of the inner fabric. Note the excess fabric on the edges of the inner fabric. This must be cut away so the inner layer will fit inside the base fabric. Trim the inner layer in small increments to make it slightly smaller than the base fabric



- Lightly spray the wrong side of the inner layer with temporary spray adhesive.



- Starting from the center and working toward the edges and corners, tuck the inner layer into the border edge of the base fabric. Make sure the inner layer lays flat in the corners. Using a point turner assists in perfect corners.

- Attach Edgestitch Dual Feed Foot #10D. Engage Dual Feed.

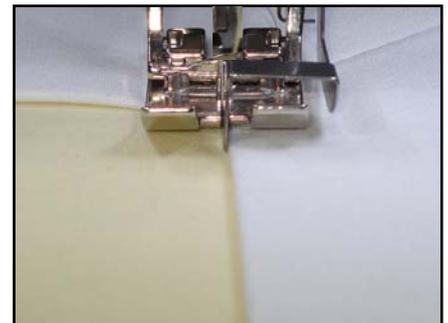
- Insert a new #80 Jeans needle.

- Thread the needle with your choice of thread.



- Wind the bobbin with the same thread as in the needle. Thread bobbin for sewing tension.

- Select Stitch #1329 - SW 3 and SL 3. Engage Mirror Image Right/Left.



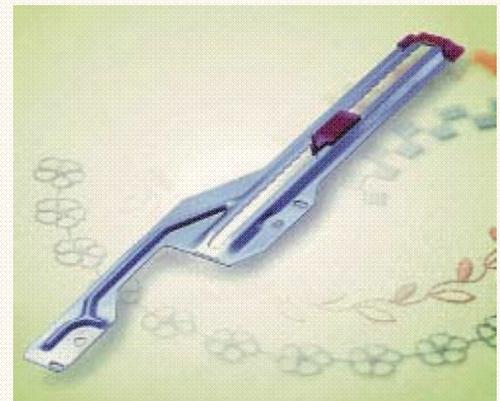
- Hand-walk the needle into the fabric so that the needle penetrates right next to the border edge on the inner layer. Lower the presser foot so the right side of the blade rests against the left edge of the base fabric.



- Engage Needle Stop Down. Stitch all the way around the base fabric border, pivoting at the corners. Repeat for all placemats.

## Circular Embroidery Attachment #83

The Circular Embroidery Attachment #83 offers the possibility of sewing perfectly round circles in a range of sizes. The attachment works with most presser feet allowing for a wide range of circular applications including decorative stitching, circle lettering, couching cords in a circle, circular patchwork and more. See **BERNINA Features - Volume 2** for details!

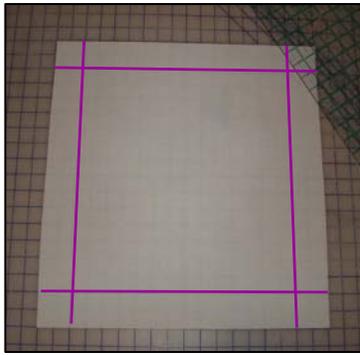


# Stylish Stitching Napkins



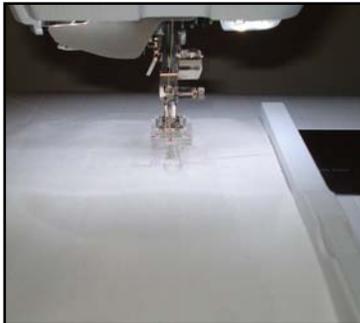
- Prewash & Press napkin fabrics.
- Cut fabric 18" x 18".

- Mark a line 2" from the edges on all sides to use as a guideline for decorative stitching.



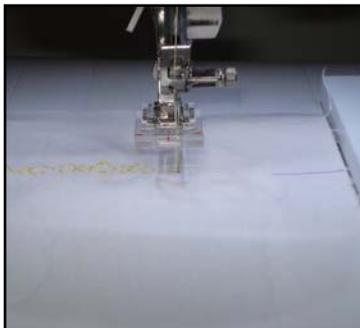
- Place a layer of AquaMesh or other wash-away stabilizer under the napkin square for support during decorative stitching.

- Select Combi Mode on your machine. Select two open, airy stitches for your stitch combination. The stitches in the sample are #706 and #722.



- Attach Clear Foot #34C.

- Attach the fabric guide and place the edge 2" from the needle.

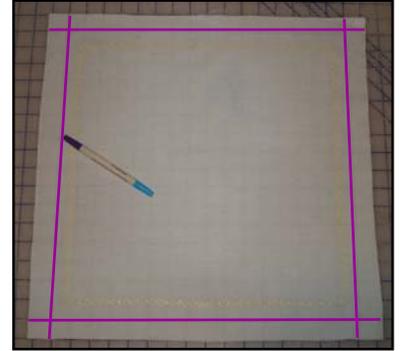


- Thread the needle and bobbin with the same thread of your color choice. Thread bobbin for sewing tension.

- Starting at any corner, hand-walk the needle into the fabric where the intersection of the 2" lines were drawn. Keeping the fabric edge next to the fabric guide, stitch down the first side, stopping 2" from the respective bottom corner. Pivot and continue stitching down the next side. Repeat until all four sides are decorated.

- When the combination of stitches has been sewn, rinse the fabric thoroughly with hot water to remove the wash-away stabilizer. Let dry until slightly damp and then press flat with a pressing cloth.

- Place the decoratively stitched fabric right side up. Using the marking pen, draw a line 1" in from each side.



- Thread your serger for a 3 thread rolled hem using 3 spools of the same color thread as was used for the decorative stitching.

- Using the newly marked line as a guide for the cutting blade, roll hem all 4 sides.



- The result will be a beautiful finish on the edges of the napkin  
*Tip: Use a small drop of a seam sealant at each corner to keep the thread ends from coming undone.*



- Repeat the steps for additional napkins.
- Set your table with style and elegance!

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