

This 'n That Embellishment Sampler

Created by Kay Hickman
and Susan Beck



A little of this and a little of that make up this sampler featuring a variety of fabric embellishment techniques. A great way to develop new sewing and embroidery skills while making a handy reference for future use.

Finished size: 18" x 18"



For video clips on the techniques featured in this sampler, go to:

www.thequiltshow.com

Supplies

Machine & Accessories

- BERNINA 580, 780, or 830 models with embroidery module*
- Reverse Pattern Foot #1/1C/1D
- Edgestitch Foot #10/10C/10D
- Gathering Foot #16/16C
- Button Sew-On Foot #18
- Braiding Foot #21 or Bulky Overlock Foot #12C
- Open Embroidery Foot #20/20C/20D
- Clear Foot #34/34C/34D
- Spanish Hemstitching Attachment
- Circular Embroidery Attachment #83
- Quilting/Seam Guide
- BERNINA CutWork Accessory
- Bias Binder Attachment #88 (32mm)
- Binder Foot #95/95C
- BERNINA Exclusive Embroidery Collection #82002 Birds & Blooms

* Other models may be used if the In-the-Hoop stitched label on page 7 is omitted.

Fabric & Notions

- 3-5 coordinating fabrics ¼ yard of each plus ⅝ yard of another one (will be used for binding and backing)
- 4 pieces of felt, 6" x 10" each for CutWork flowers
- 3 yards coordinating ribbon, ⅜" - ½" wide for sashing
Note: Sample shows 2 ribbons of contrasting colors, stacked on top of each other—need 3 yards of each
- 5 assorted ribbons, 7" long (Spanish Hemstitching)
- OESD Fuse & Fleece
- OESD HydroStick or OESD Heavy TearAway
- OESD Appliqué Fuse & Fix
- OESD PolyMesh CutAway Stabilizer
- Decorative cord or yarn for couching
- Yarn, wool roving, etc. for needle punching
- Polyester or cotton construction thread
- Embroidery threads
- Monofilament thread
- Assorted decorative buttons and trinkets
- TAP—Tracing Artist Paper
- Best Press Starch Alternative
- Temporary spray adhesive
- Texture Magic
- Steam-A-Seam2 Lite, ¼" wide

Cutting & Preparation

Gather materials; cut the following, using the fabrics of your choice unless otherwise stated (most fabrics on the sampler are quilting cotton):

- A:** 4" x 6" swatch; 30" x 1½" torn strip and 4" square for each flower
- B:** 12" x 14" swatch (for hooping)
- C:** 10" x 10" swatch
- D:** 6" x 6" swatch
- E:** 10" x 6" swatch; yarn, roving, etc. for punching
- F:** 6" x 6" swatch; 5 pieces of ribbon, 7" long
- G:** 14" x 5" swatch; assorted scraps
- H:** 8" x 8" swatch; decorative cord or yarn
- I:** 6" x 6" swatch; ; 4½" square for appliqué
- J:** 6" x 6" swatch
- Backing:** 19" square
- Binding:** Cut 1¼" wide bias strips. Piece together with diagonal seams to form one strip approximately 2¼ to 2½ yards long.

Cut the same size rectangles from the Fuse & Fleece and fuse as directed in the instructions.

Note: The swatches will be cut to the final sizes after all techniques have been stitched.

Layout Diagram

A Frayed Flowers 4" x 6"	B Printables/Embroidery 10" x 6"	C Texture Magic 4" x 6"
D Stitch Recipe 3" x 3"	E Felting 9" x 3"	F Spanish Hemstitching 6" x 6"
G Random Patchwork 12" x 3"		
H Couching 6" x 6"	I Circular Appliqué 6" x 6"	J Cutwork 6" x 6"

Note: The measurements listed in the diagram are final trimmed sizes after all techniques have been stitched.

A: Frayed Flowers



Fuse layer of Fuse & Fleece to wrong side of fabric swatch A.

Thread the machine with polyester or cotton thread in needle and bobbin. Attach Gathering Foot #16/16C to the machine. Select the straight stitch and adjust the length to 5mm-6mm.

Gather one edge of torn strip A using Gathering Foot #16/16C. Change to Reverse Pattern Foot #1/1C/1D



Curl gathered edge into a circle, overlapping the edges until the flower is the size and fullness you want; trim excess if needed. Stitch around the center to secure, using tweezers or stiletto to hold fabric down if needed. Clipping the unstitched edge about every ½" will add to the frayed look and help the flower to lie flat.



Position two flowers on fabric swatch A. Cut a 2" circles from each 4" square A. Place one in the center of each flower to cover the stitches; clip edges of circle.



Sew buttons to centers of flowers using Button Sew-on Foot #18, stitching through all layers.

B: Printables

Many of the BERNINA exclusive embroidery design collections (such as #82002 *Birds & Blooms* shown on sample) include graphic files called printables. Use these files to layer graphics with stitched embroidery for a mixed-media look. A great way to transfer the images is to print directly onto Leslie Riley's TAP—Transfer Artist Paper and then transfer the image to fabric using an iron. Follow package directions to ensure proper adhesion to the fabric.

Print the desired image(s) onto TAP following package directions. *Tip: Print single designs or combine designs in Art Canvas in the BERNINA Embroidery Software for single sheet printing. Arrange the designs as desired or cut them out separately and position them individually for transferring.*

Place the printed TAP with the purple side up over swatch B. (If using individual designs, place them one at a time and adhere as follows.)

Use a hot dry iron to transfer the print to the fabric. When the print has transferred, it will be easy to remove the paper. If it is not easy, then continue to iron and lift the paper off as it releases.



Hoop the printed fabric with two layers of Ultra Clean & Tear Stabilizer.

Embroider desired designs from the *Birds & Blooms* Collection onto the hooped fabric. Remove the fabric from the hoop, remove excess stabilizer and trim the fabric to a 10" x 6" rectangle. Fuse layer of Fuse & Fleece to wrong side of fabric.

**C: Texture Magic**

Cut a 10" square of Texture Magic and pin to the wrong side of swatch C. *Optional: Place a piece of lightweight batting between the layers for extra loft.*

Using cotton or polyester thread in the needle and the bobbin, stitch through all layers. *Note: Experiment with different stitches. Try free motion stitching around patterns in the fabric, or stitch very regular rows diagonally in one direction and then diagonally in the opposite direction. The closer the sewing lines, the more texture will be created.*



Straight Stitching

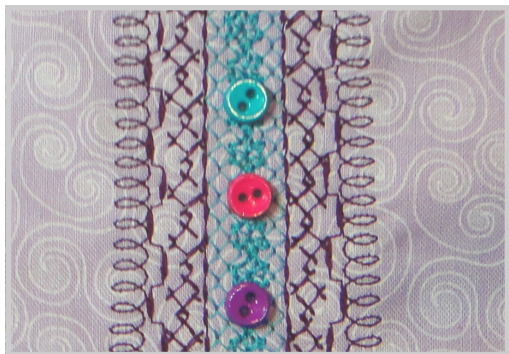


Free-motion Stitching

Steam with the Texture Magic side up. The fabric will lie flat when the Texture Magic has shrunk to its fullest. *Note: Do not touch the fabric/Texture Magic with the iron.*



Fuse layer of Fuse & Fleece to wrong side of the textured fabric swatch. Trim to 4" x 6".

D: Stitch Recipe

Thread the machine with desired embroidery thread in needle and bobbin. Attach Clear Embroidery Foot #34/34C/34D to the machine.

Fuse a layer of Fuse & Fleece to wrong side of fabric swatch D. Add tear-away stabilizer if needed.

Using a fabric marker, draw a horizontal line across the fabric near the upper edge of the swatch. Draw a vertical line down the center of the swatch.



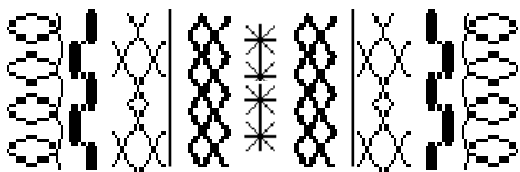
Select the first stitch (see diagram below). Position the foot with side red markings aligned with the horizontal drawn line; align the inside edge of the toe (not the center red marking) with the center vertical line. Sew line #1, then move to the other

side of the center line and sew line #2. Continue selecting stitches, repositioning the fabric to complete eleven lines of stitching. *Notes: All lines are sewn next to each other except #11, which is sewn on top of where lines 1 & 2 meet. Lines #3 & #4 are triple straight stitches. Select Pattern Begin & Use Mirror Image when needed, if available on your model.*

Trim the sewn swatch to 3" x 3" with the stitching in the center. Using Button Sew-on Foot #18, secure mini buttons on center row of stitching as desired.

Stitching Order

10 8 6 4 2 11 1 3 5 7 9

**E: Needle Felting**

Attach the Needle Punch Attachment specific to your machine following the directions included with it.

Unthread the needle. Remove the bobbin case, bobbin, and hook from the machine. Leave the door open as you punch. Turn off the upper thread sensor, or use presser foot recognition (available on some models) and key in the correct foot. Lower the feed dog.

Place the fibers to be punched (wool roving, yarns, or decorative fibers) over the background fabric (swatch E). If using wool roving, you may wish to pinch off small bits and pieces. Let your imagination be your guide...swirl yarns to resemble flowers, pinch roving to look like leaves, or simply lay the fibers on top of the fabric as desired to create an all-over design.

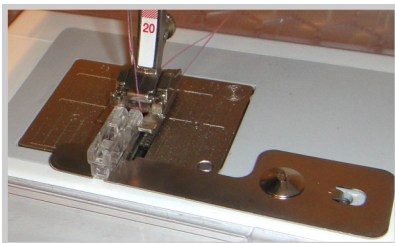
Quickly punch over the placed fibers to "baste" them in place. Then, go over the same area several times until the fibers are punched completely through to the back of the background fabric. To further en-mesh the fibers into the fabric, punch once from the back, and then finish with a final punch to the front.



Cut the felted swatch to 9" x 3".

F: Spanish Hemstitching

Attach the Spanish Hemstitch Attachment to machine according to directions included with it. *Note: Use the spacer that matches the maximum stitch width of your machine (5.5mm or 9mm).*



Thread the machine with embroidery thread in the needle and bobbin. Attach Open Embroidery Foot #20/20C to the machine.

Fuse layer of Fuse & Fleece to wrong side of fabric swatch I; set aside.

Position one piece of 7" ribbon on each side of the spacer. *Note: A narrow decorative cord can be placed in the spacer and stitched between the ribbons/fabric strip if desired.*



Select a decorative stitch and adjust the width if needed to the maximum setting. *Note: Select open decorative stitches that move in a forward direction.*

Add additional strips of ribbon as desired until 4-5 pieces are connected.

Place the joined ribbons on the prepared swatch G. Baste along the upper and lower edges to hold the ribbons in place. Trim ribbons to match the fabric.

Stitch Suggestions:

Start with these but try others to find more that are suitable!

G: Random Patchwork

Thread the machine with desired thread in needle and bobbin. Sample shown was stitched with variegated thread: Isacord #9912

Attach Reverse Pattern Foot #1/1C/1D or Open Embroidery Foot #20/20C/20D to the machine.

Press Swatch G using Best Press Starch Alternative as a light stabilizer. Fuse a layer of Fuse & Fleece to the wrong side of the fabric.

Cut swatches of assorted fabric in various sizes and shapes. *Note: These pieces may be torn or cut using scissors, pinking shears, or rotary cutter.*



Place the swatches on the base fabric, overlapping them until the entire surface is covered.

Cover the entire surface with the decorative stitches as desired, stitching in various directions. *Note: Fabric pieces can be held in place with pins, glue stick, or temporary spray adhesive if desired.*



Tip: Use a stiletto to hold the edges of the patches down as you sew over them.

Trim the square to 12" x 3".

H: Couching

Thread the machine with monofilament thread in needle and bobbin.

Attach Braiding Foot #12 or Bulky Overlock Foot #12C to the machine.

Insert the Quilting/Seam Guide to the back of the presser foot and adjust it the desired distance from the needle; tighten the screw to hold the guide in place. *Note: The rows of couching shown in the sample were stitched 1" apart.*

Fuse layer of Fuse & Fleece to wrong side of fabric swatch H. Further stabilize the fabric with a layer of cut-away stabilizer, placed behind the fused fleece on the wrong side of the fabric.

Mark one line using chalk or fabric marker at the desired angle. Repeat with a second line in the opposite direction (will look like an "X").

Insert the cord/yarn to be couched into the beveled hole in the top of the sole of the foot. Pull the cord/yarn about 3"-4" to the back behind the foot.

Select the zigzag stitch and adjust the settings to width and length of 3mm.

Stitch along one of the marked lines. Move the fabric so the guide is aligned with the first couched line and stitch a second line parallel to the first. Continue until the fabric is covered with lines of couching.



Sew couched lines in the opposite direction to form a grid. After all couching is complete, trim the swatch to 6" x 6".

I: Circular Appliqué

Fuse layer of Fuse & Fleece to wrong side of fabric swatch F. Adhere Appliqué Fuse & Fix to the wrong side of the 4½" square of appliqué fabric. Remove paper from the back.

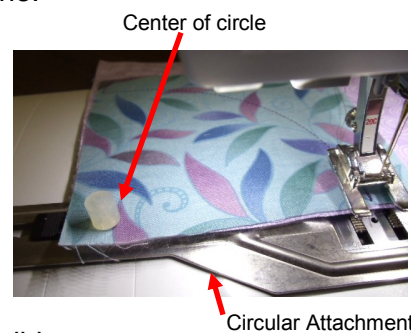
Attach the Circular Embroidery Attachment and Open Embroidery Foot #20/20C/20D to machine.

Align one corner of the prepared appliqué fabric with a corner of the background fabric. Slide the pin of the Circular Embroidery Attachment approximately 4" from the machine's needle.

Place the fabric over the pin and select a straight stitch on the machine.

Begin stitching at one edge and stitch to the adjacent edge to stitch a perfect arc.

Carefully trim the appliqué square as close to the stitched arc as possible.



Select a decorative stitch on the machine and stitch over the cut edge. Move the pin another ¾" away from the needle; stitch another 1-2 rows of stitches as desired.



Trim the square to 6".

J: CutWork

Fuse layer of Fuse & Fleece to wrong side of fabric swatch J; set aside.

Load the provided CutWork design into the machine.

Hoop a piece of heavy weight stabilizer by itself. Recommended stabilizers: HydroStick TearAway (used dry) and HeavyWeight TearAway.



Stack layers of felt (other fabrics may be used depending on the project) over the hooped stabilizer. Adhering the layers with a VERY light spray of temporary adhesive spray keeps them from shifting.

Attach the CutWork Stitch Plate appropriate for your machine. Select the provided floral design and stitch the tackdown stitch. Remove the needle and attach the CutWork Accessory with the flat side toward the back.

Follow the prompts on the screen and turn the dial of the CutWork Accessory to the proper number (cutting angle). *Note: several sizes of the flower are provided. You can cut more than one size in each hooping if desired.*



When all 4 angles have been cut, remove the hoop from the machine and carefully remove the shapes from the hoop.

Position the floral shapes on the prepared swatch J. Using the Button Sew-on Foot #18, attach the floral shapes by stitching buttons through all layers.

“In-the-Hoop” Quilt Label

Determine the desired size of the label. Select desired designs and position them so that they will fit within a field about $\frac{1}{2}$ " smaller on all sides than the desired finished size of the label.

Use the lettering features to add and size “Made by” and the date or year. Embroider the name of the quiltermaker, or leave a blank space to add a signature later with a permanent fabric marker.

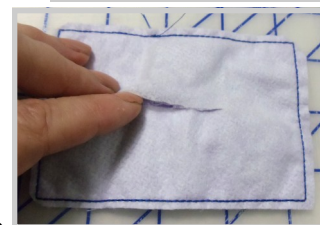
Using BERNINA Embroidery Software 6, digitize a box around the design that will stitch last during the embroidery process, becoming the stitching and turning line.

Adhere a hoop-sized piece of fabric to a piece of PolyMesh stabilizer using temporary adhesive spray and hoop as one unit. Attach hoop to machine; stitch design onto fabric, stopping before stitching the digitized box.

Place lining fabric at least $\frac{1}{2}$ " larger on all sides than the finished label right side down over the label designs. Stitch the box. Remove fabric from the hoop and trim a scant quarter inch on all sides.

Cut a slit through the lining fabric and turn right side out.

Use Edgestitch Foot #10/10C/10D to stitch around the outside edges of the label. If desired, you can edgestitch this to the right side of the quilt backing before the layers of the quilt are sandwiched together. Otherwise, hand-stitch to the back of the finished quilt.



Assembly

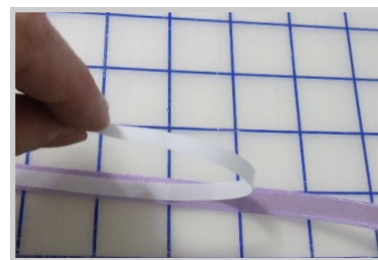
Cut each swatch to the exact size indicated on the diagram on page 2 and arrange the trimmed swatches in the order shown.

Attach Edgestitch Foot #10/10C/10D to the machine. Select the zigzag stitch with a stitch width and length of 3mm.

Align edges of blocks and zigzag them together, placing the guide of Edgestitch Foot #10/10C/10D between them so they do not overlap.



Peel the paper away from the ribbon, exposing the fusible web. Position the ribbon over the seam, making sure zigzag stitching is covered. Fuse the ribbon in place, following the manufacturer's instructions.

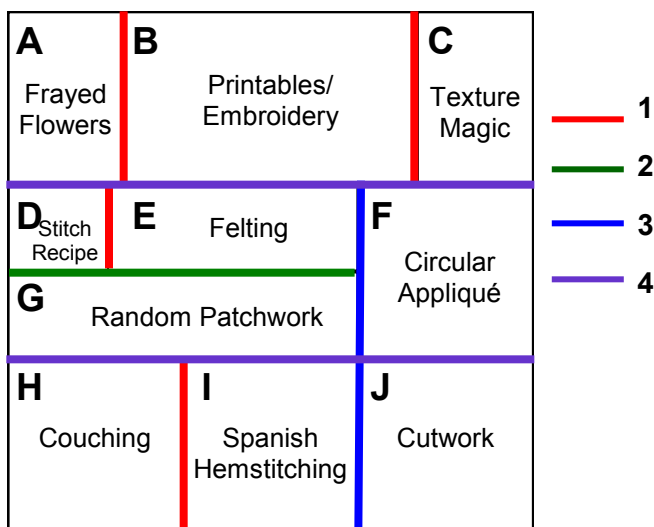


Edgestitch the ribbon in place using Edgestitch Foot #10/10C/10D with the needle position adjusted to stitch on the edge of the ribbon.

Ribbon Sashing

Position ribbon over the seams and adhere as described below. The colors in the diagram indicate the order of the ribbon placement. Complete all steps for each color before moving to the next color.

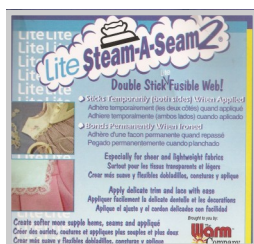
Note: The finished sampler shown on page 1 has "stacked sashing" - a contrasting narrow ribbon stacked and stitched on top of the sashing ribbon. Complete the stitching of both ribbons before moving on to the next one in the diagram.



Cut each ribbon to fit the edge being covered.

Cut a piece of 1/4" wide Steam-A-Seam to fit each piece of ribbon.

Press the Steam-A-Seam2 Lite piece to the back of the ribbon.



Embellishment

Sew on buttons and trinkets as desired using Button Sew-On Foot #18 as needed.

Finishing

Round the corners of the sampler.

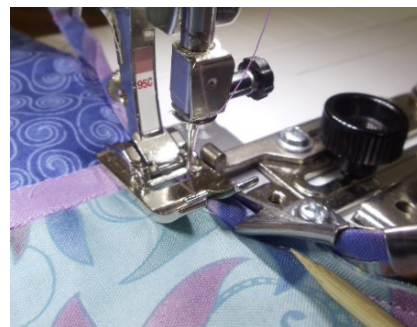
Optional: Fuse a layer of Fuse 'n Fleece to wrong side of backing to add body and structure to the sampler. Lay the backing right side up. Position the assembled top right side up on the fleece, approximately in the center of the square.

Sew the front to the back, sewing along the edge of the top, through all layers. Trim the excess backing.

Attach Foot #95/95C and the Bias Binder Attachment #88 (32mm) following package instructions.

Insert the bias strip into the slot at the top right with the wrong side facing you. Lower the presser foot and adjust needle position to stitch on the binding.

Position the sampler in the binder as shown and stitch to bind the full edge of the sampler.



When you near the beginning cut the excess bias where you started. When the needle is about 7" from the beginning, cut the bias off 1 1/4" beyond the slot. Fold the cut edge 1/4" to wrong side. Continue to stitch until folded end has passed the needle.