

## Tip Rule #1: speed kills!

- I do everything on the fast side.
- I don't sew... I slew (sew slow)
- ***The faster the machine runs, the harder the needle hits the fabric. It's physics!***

## Tip #2: Let your machine work for you! (not against you)

- FHS teamed up with Back-kick function for perfect starts
- Dual Feed
- Temporary Altered Stitch Memory works with you
- Needle Down function (and foot control Back-kick function)
- Hover (off)

## Tip #3: Tools for Success

- If you have a **BERNINA**, you have the best machine to construct any garment.
- Start with the right **needle** for your fabric (type), layers and thickness (size)
- Always use the right **presser foot** for the technique/stitch and fabric type
- Make it to Home Plate! When not stitching big wide stitches, use the **stitch plate** that most closely matches your stitching (e.g. straight stitch plate for regular seaming). ***especially for fine or delicate fabrics.***
- ***Remember to use your safety program!***

### A note about threads:

- Consider **thread type and thickness** in selecting a **needle**
- **Cross-wound** threads go on the **horizontal** spindle
- **Stacked** threads go on the **vertical** spindle
- **Polyester** threads are **more colorfast and resistant to sun exposure**
- My default thread is Mettler Metrosene for garments

## Tip #4: Machine Adjustments

- Presser foot pressure
- Stitch length and width
- Stitch balance when available (with slower speed)
- ***Personal Program! Save stitches with all their settings for future use!***

## Tip #5: Key Presser Feet for Garment Making

- **1 / 1C / 1D** for regular seaming
- **8 / 8D** for hemming (with Straight Stitch plate)
- **10 / 10C / 10D** for edge stitching
- **37 / 97 / 97D** for topstitching
- **14 / 14D and 35** for zippers
- **3 / 3C / 3A** for buttonholes
- **5** for blind hems
- **63** for hemming light-to-medium weight fabrics (others available for various applications)
- **Non-stick SS foot # 53** for tight curves (like setting in sleeves)
  
- *If you have a Dual Feed capable machine, get the D foot first*

## Tip #6: Helpful Notions

- Pattern Weights for cutting
- Gingher 5" Craft Knife Edge Scissors
- Pins and Wonder Clips
- BERNINA Tweezers
- Snip-Eze “twissors” for dexterity and precision in snipping threads
- June Tailor Fray Block: thin liquid dries to become invisible

## Basic technique for calibrating your stitch length for regular seaming (video)

- Stitch together pieces of your fabric with multiple stitch length
  - E.g. Stitch Length of 1.0 / 1.5 / 2.0 / 2.5 / 3.0 / 4.0 / 5.0
- Pull the two pieces of fabric away from each other, wrong side up, and look at the seam allowances
- When the seam allowances stay vertical without warping or buckling, or fell to one side as single unit without waving, you have the right stitch length

## Useful Links for Garment Makers:

click on the following links to access the web-based resources

Note: your PDF reader application may ask for permission to open external links.

### On WeAllSew.com (our blog):

- Five Basic Sewing Needles You Need And Why:  
<https://weallsew.com/five-basic-sewing-needles-you-need-and-why/>
- Why Use Three Different Stitch Plates:  
<https://weallsew.com/why-use-three-different-stitch-plates/>
- BERNINA Free Hand System:  
<https://weallsew.com/bernina-free-hand-system/>
- Hemming 3 Different Ways:  
<https://weallsew.com/hemming-three-different-ways/>
- A list of garment-related article on WeAllSew.com, including a great Sew-Along series by our very own Megann Freese:  
<https://weallsew.com/?s=garment>

### On Facebook: Videos on Sewing Tool Tips:

<https://www.facebook.com/watch/BERNINAUSA/1930426977089424/>

This series covers the foot control, stitch plates and how to take advantage of long and short term memory in your machine, for starters. They will help you get the most out of your BERNINA.

To help you get the most from your BERNINA foot control:

Meet the Mighty BERNINA Foot Control: get the most out of your foot control.

<https://www.facebook.com/BERNINAUSA/videos/1099525560416872/>