

## Fact Sheet: *Ruler Work Back to Basics* Choosing and preparing your rulers



fabric at the same time, a flat surface will help you glide both with ease. The sew table that comes standard with your machine is fabulous but because it has curved edges, it is not as stable when using certain rulers, especially on small machines

When using a domestic machine, its best to use the larger plexiglass extension table, it increases your work surface and distributes the weight of the quilt evenly over the entire table.



**Ruler work** is a fun and creative way to finish off all those fabulous quilt tops that may be piling up in the corner. Why not follow us while we share some pointers for getting started.

### **Size Matters**

The size of the rulers you should be using will depend on your workspace. Whether you are using a domestic machine, a sit-down machine like the Q20, or the Q24 on a frame, you will have to keep in mind the area you can comfortably utilise the rulers. Bernina has three different ruler sets available.

Because you need to control the ruler and the

### **Height Matters**

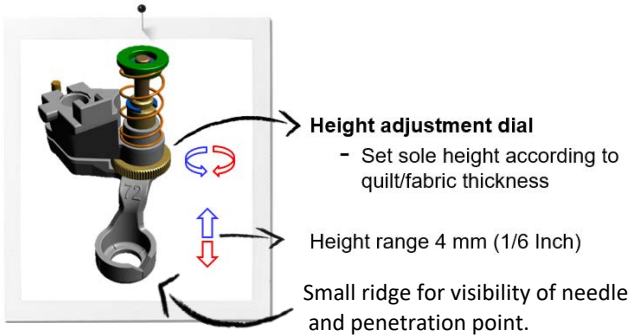
It's crucial to use rulers that are at least 6mm in height as this will reduce the likely hood of the ruler slipping under the foot and damaging both the ruler and your machine.



The height of the sole on the foot makes it possible to quilt along all edges of these rulers which is of utmost importance especially with circles.

## The Ruler Foot #72

This foot allows you to sew along rulers to create decorative quilt designs such as lines, circles, etc. The special shape of the foot allows you to place the ruler around the foot, which is convenient, especially when quilting a circle.



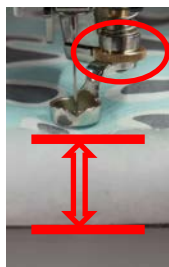
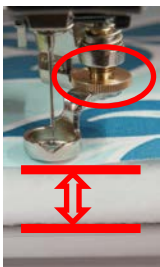
Set the sole height according to the quilt/fabric thickness

The sole should just touch the fabric and glide over the fabric and seams

If height is too high, the result is thread loops or skipped stitches.

The foot is stable and solid with a sole that doesn't wiggle when ruler is against it.

Low height for quilts with a thin batting.



High height for quilts with thick batting

## Making Traction

Trying to keep the ruler in place while moving the fabric can be tricky. The best way to keep the ruler in place is to attach something to give the ruler traction.

There are many different types of stick on grips. Some that are a gel dot and some are similar to sandpaper. I have found the gel dots to be the personal preference for most. Keep in mind if you wish to use the sandpaper type, always place them upside down when not in use as they can scratch the surface they are stored on.



## Follow the lines

Having guidelines already marked on the rulers will make it easier when you start quilting. The marks will help you with the ruler placement throughout your project.



## ***Start off Simple***

Just like free motion quilting you need to start off simple and be patient with yourself, this may take a little practise to get yourself comfortable with not only keeping the rulers and fabric in place but keeping a consistent stitch length.

## ***Get a Grip***

Trying to grip everything all at once can be hard, especially if you have small hands or dry skin. A pair of quilting gloves will become your new best friend, besides your quick unpick. Gloves are definitely a personal preference, so shop around and find a pair that you find comfortable to wear.



## ***Loosen Up***

Before getting started, I always like to have a little sew on a practice sandwich. Nothing special, just a little bit of stipple and some scribbles to find the machine speed I'm comfortable with.

If you have a Q20 or Q24 you will have the ability to turn on the BSR (Bernina Stitch Regulator). This function allows you to choose the amount of stitches per inch. The machine will control the speed as you move, allowing you to keep a perfect stitch length every time. The BSR on your domestic machine does not have the ability to use a ruler foot. So it can not be used for ruler work.

## ***Holding On***

Proper Hand Placement

- Hold Ruler where you are stitching
- Walk hand on ruler to use additional length

Proper Pressure

- Enough pressure to gently guide along foot
- Enough pressure to move fabric with the ruler

Moving the Ruler and Fabric at the same time

- A fine balance between the proper pressure and not too much pressure

## ***Start a scrap book***

Every time I see a design or an idea pops into my head I will sketch it down and keep it in a folder for inspiration later down the track. I also keep any of the practise pieces (that were successful) in this folder as well as any notes to help replicate the design. As you can see in the picture below, I like to write all over my practise pieces, just so I don't forget



Join us next week where we play around with some of the awesome Bernina rulers available. This will be a great opportunity to start your very own ruler work scrap book.