



Mixed Media Foot Book

Create this fun fabric book to showcase stitched techniques using various presser feet and accessories.

Finished size approximately 8" x 8"

General Page Directions

Finished pages are about 8" wide (7" for technique and 1" for binding) and 8" tall.

Note: Right pages have extra inch on the left & left pages have it on the right. See templates on pages 5 & 6.

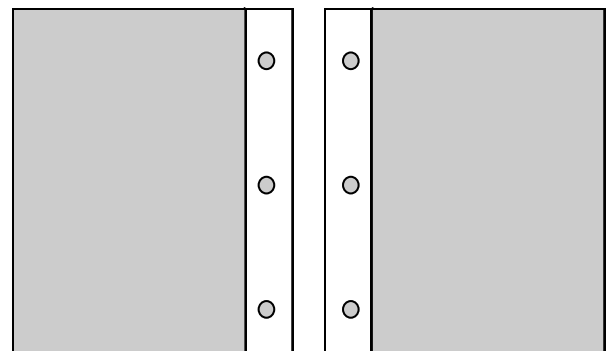
Tip: Start with larger pages (9" or 10" square) and cut to size after stitching.

Generally, each page is created in the following manner:

1. Foundation: Stabilizer, batting, felt, paper, etc.
2. Background: Fabric, Patchwork (traditional and non-traditional), felted/needle-punched, etc.
3. Add techniques: Stitching, pintucks, couching, etc.
4. Add embellishments: buttons, charms, trinkets, etc.
5. Join the pages using one of the methods below.
6. Sew eyelets or add metal grommets to the binding edge.

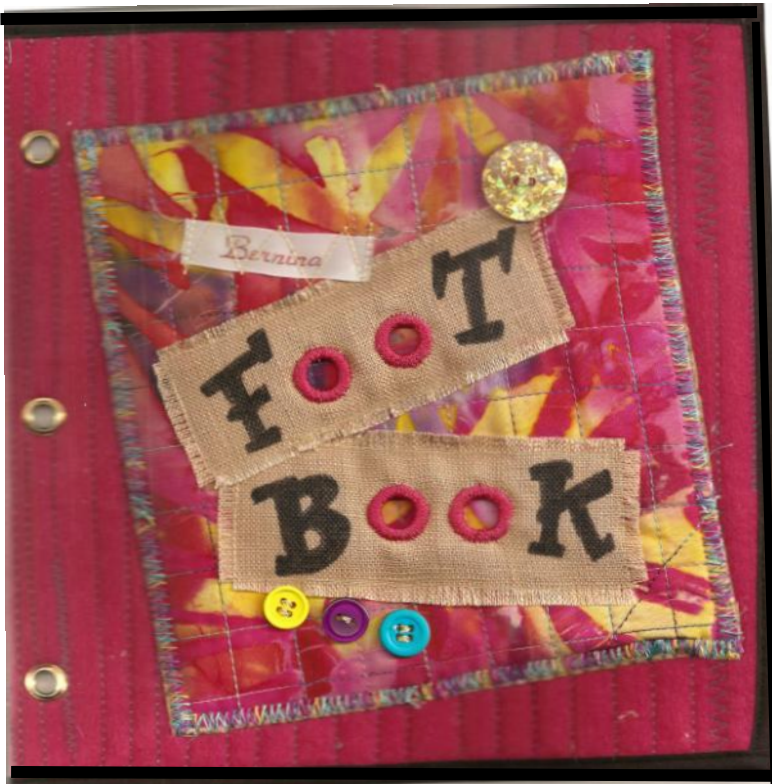
Finish pages using one of the following techniques:

1. Place a right and left page *wrong sides together* and stitch along 1/2" in from all four edges. Trim edges using a decorative rotary cutter.
2. Place a right and left page *wrong sides together* and stitch along all four edges. Add couched fiber or decorative cord to cover the raw edge.
 1. Place a right and left page *wrong sides together* and bind edges with a narrow binding.
 1. Place a right and left page *right sides together* and
 2. stitch along all four edges, leaving an opening for
 3. turning. Turn, press, and edgestitch all edge, closing the opening in the process.



LEFT Page

RIGHT Page



Front Cover

Foundation: Stabilized felt with vertical rows straight/zigzag/running stitches.

Background: Multi-colored cotton fabric with batting, grid quilted with variegated cotton thread.

Techniques: Two fabric patches with two eyelets (stitched with Eyelet Set #82 and Foot #92 using the included instructions) each to represent the letter "o". Additional letters were stenciled or drawn on using a permanent ink pen to spell FOOT BOOK.

Embellishments: Assorted buttons and ribbon patch added.

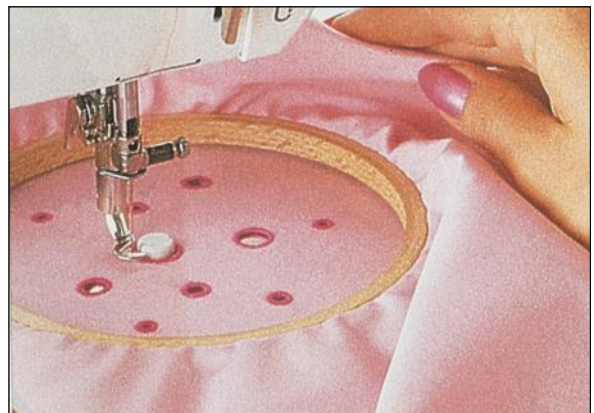
Eyelet Embroidery Set #82 with Foot #92



Most of the tools included in the Eyelet Set are used to make a hole in the fabric. Once the hole is made, fit it over the post of the eyelet set and stitch around the edges of the opening, covering the raw edges with satin stitching. *Note:* See the eyelet set for complete instructions on making eyelets.

Tips on Using the BERNINA Eyelet Set

- Use a hoop to stabilize and control the fabric when making eyelets.
- Too large a hole won't hug the post properly. Use an awl or cutter 2-3 sizes smaller than the post; the fabric should fit tightly and will open more as you sew.
- Use variegated thread to add more interest to your embroidered eyelets.





Inside Front Cover

Foundation: Cut-away stabilizer

Background: Randomly cut coordinating pieces of scrapbook paper. Place edges side-by-side and stitch together with a medium (w=2mm; L=2mm) zigzag stitch.

Embellishments: Vinyl pocket added with cardstock borders on sides & bottom edges.

Assembly of Cover

Place the Front Cover and the Inside Front Cover wrong sides together.

Stitch the pages together along the inside edge using a medium (w=2mm; L=2mm) zigzag stitch.

Bind the remaining three edges using Binder Attachment #88 with Binder Foot #95 or Binder Attachment #84 with Binder Foot #94 using the instructions included with the binder.

Sew eyelets or add metal grommets to the inside edge.

Inside Back Cover

Foundation: Low-loft batting

Background: One piece of cotton fabric

Techniques: Quilting by randomly placing lines of stitching using various practical and decorative stitches.

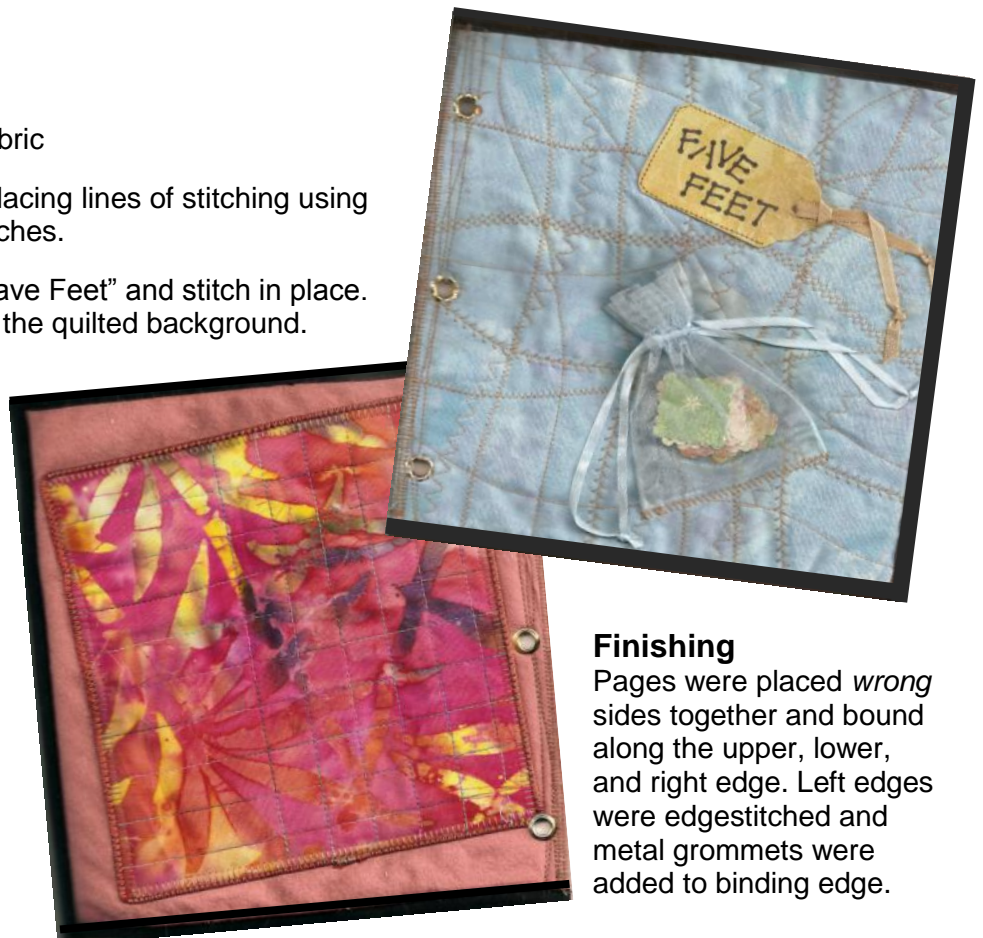
Embellishments: Stencil tag with "Fave Feet" and stitch in place. Stitch a gathered organdy bag onto the quilted background. Place notes or cards in the bag with your favorite feet listed by name and/or number.

Back Cover

Foundation/Background: Felt

Techniques: back cotton fabric with low-loft batting and quilt the it by sewing a grid of straight stitching. Cut a patch of the quilted fabric and appliqué it onto the felt using the blanket stitch.

Embellishments: Couch rattail cord around the outer edge of the patch using Bulky Overlock Foot #12/12C a zigzag stitch.



Finishing

Pages were placed *wrong* sides together and bound along the upper, lower, and right edge. Left edges were edgestitched and metal grommets were added to binding edge.