made to create **BERNINA**

Catch of the Day Recipe Book

Created by Elva Mungai

Catch, create, and cook! Gather your favorite seafood recipes, fabric collections, and scrapbooking supplies. Combine them with the embroidery designs from OESD's Signature Collection - Catch of the Day #12349 to create a unique and personal recipe book. What a great hostess gift!

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Supplies

Machine & Accessories
- BERNINA 830 Sewing and Embroidery Machine
- BERNINA Embroidery Software 6 (optional)
- Teardrop Embroidery Foot #26
- Patchwork Foot #37 or #57 (with Guide)
- Reverse Motion Foot #1 or #1D (Dual Feed)
- Eyelet Embroidery Set #82 with Foot #92
    OR Brass grommets with setting & cutting tool
- Large Oval Hoop or Jumbo Hoop
- Medium Hoop

Embroidery Collection
- OESD Signature Collection - Catch of the Day #12349

Fabrics & Notions
- Isacord Embroidery Thread
- OESD Bobbin Thread
- OESD HeavyWeight Cut-Away Stabilizer
- OESD Hydro-Stick Cut-Away Stabilizer
- OESD Stabil-Stick Cut-Away Stabilizer
- 505 Temporary Spray Adhesive
- Two 10" (height) by 12" (width) pieces of synthetic suede, denim, or other sturdy fabric for front and back covers
- Two 10" (h) by 12" (w) pieces of lining fabric
- Stringer notions:
- 1 yard of twine
- 3 brass safety pins
- Synthetic suede
- Scrapbooking supplies, including paper, glue, scissors, Exacto knife, die cuts, poster board, decorative ribbons, and page protectors for 8½" x 11 pages
- Cardboard or poster board
- Rotary cutter and mat
- Embroidery Wand
- 3" x 5" recipe or index cards (at least 6) for handwritten recipes
- Computer for printing and/or editing photos and recipes (optional)

Gather the Supplies

- Choose the designs that will be used for the recipe book.

- Gather supplies including threads and paper (or fabric) that complement the designs.

- Select and print or copy the recipes to be included in the book. A computer may be used to print them or they may be handwritten on index or recipe cards.

Embroider the Front Cover

- Moisten the shiny side of a piece of Hydro-Stick Cut-Away Stabilizer and apply it to the entire wrong side of one 10" (w) x 12" (h) rectangle of fabric. Allow the stabilizer to dry for a few minutes. (This will add stability and design integrity to the project.)

- Draw a line 2" line from the left edge of the rectangle to create a 10" x 10" square.

- Mark the horizontal and vertical centers of the square. This is where the center of the cover design will be placed.

- Hoop a piece of HeavyWeight Cut-Away Stabilizer in the Oval Hoop. Use the hoop's plastic template to mark the horizontal and vertical center lines onto the top of the hooped stabilizer.

- Spray the hooped stabilizer with 505 Temporary Spray Adhesive.

- Align the marked horizontal and vertical lines of the fabric with those on the hooped stabilizer.

- Select the New Motif icon and select appliqué design #NC013_48 — Fresh Catch.

- On the screen of the BERNINA 830 touch the Add Motif icon. Select design #NC012_48. Move and center it above the appliqué design; use the Rotate icon, Move icon, and the multi-function knobs on the machine to achieve the desired placement.

- Select Add Motif again, press the Machine icon, and select the Alphabet icon. Select Horizontal Alice for the font. Type **Cookbook** in the box. Confirm by selecting the green checkmark.

- Use the Move Motif icon and multi-function knobs (stitch length and stitch width knobs) to position the lettering below the center design.

- Select the Word Art icon and turn the stitch length knob counterclockwise to curve the lettering around the bottom of the appliqué design.

BERNINA 830 Icons Used in this Lesson

- New Motif
- Add Motif
- Rotate
- Move Motif
- Word Art
- Alphabet
- Show Grid
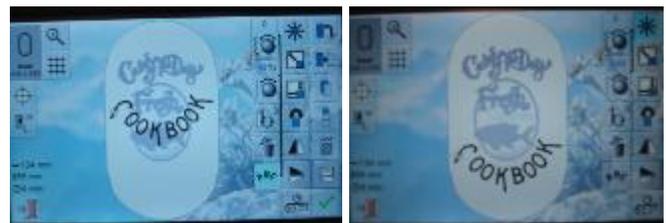
- Touch the Show Grid icon and use the grid lines as placement aids to center and position the designs and lettering.
  - The Move Motif icon allows the lettering and designs to be moved as desired.
  - The stitch width knob moves items horizontally.
  - The stitch length knob moves items vertically.

- Stitch the front cover design. Follow the instructions included with the embroidery collection when stitching the appliqué portion of the design.

- When the designs have finished stitching, remove the hoop from the machine and the embroidery from the hoop, but do not remove the stabilizer, as it will help to stiffen the cover. Trim the excess stabilizer to the same size as the front cover.
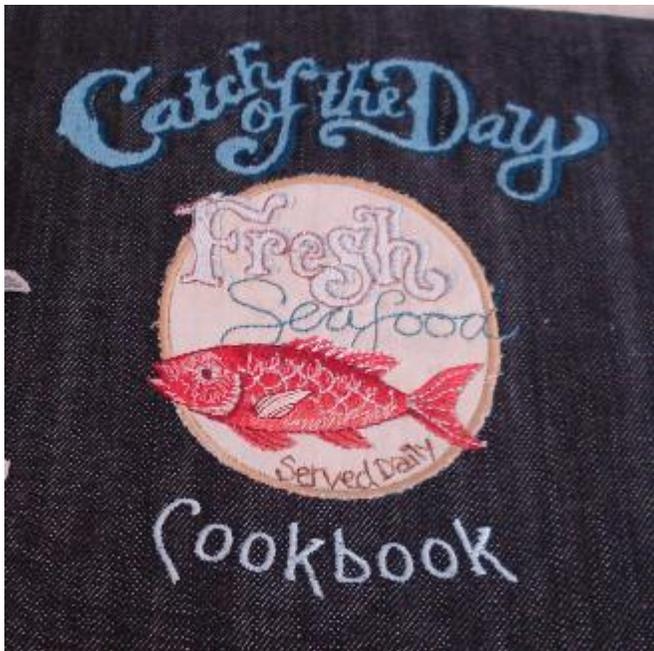
Embroider the Back Cover

- Prepare and hoop the second 10" x 12" following the instructions for the front cover EXCEPT draw the line on the right side of the rectangle instead of the left.

- Select the Alphabets folder and the Horizontal Alice alphabet. Enter the words "**Cook Your Catch**" and touch the green checkmark to confirm.
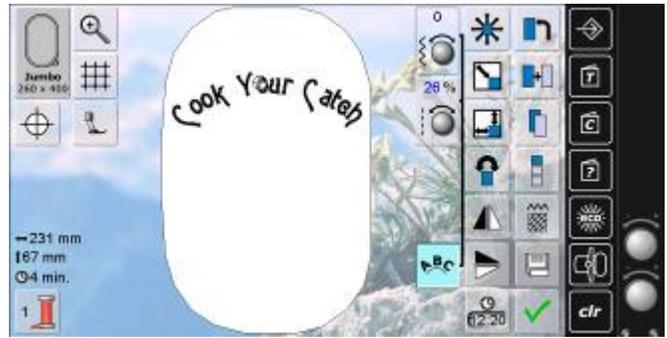
- Move the lettering to the top third of the hoop on the BERNINA 830 screen.

- Select the lettering and the Word Art icon. Turn the stitch length knob clockwise to curve the lettering with a 26% curve.

- Select the Add Motif icon and select design #NB002_48 — sand dollar. Use Move Motif to position the design below and slightly to the right of the lettering.

- Select the Add Motif icon and select design #NB003_48 — sea shell. Use Move Motif to position the design below and to the left of the lettering.

- Select the Add Motif icon and select design #NC005_58 — another sea shell. Use Move Motif to position it between the previous designs.

- Select Add Motif again and select design #NB998_48 — lobster — and arrange it with the other designs to form a collage.

- Use Move Motif to adjust the placement of the design until satisfied with the arrangement.

- Stitch the back cover.

Construct the Covers

Note: The finished size of the covers is 10½" wide by 9½" tall, which includes a 1" extension on the left side of the front cover and right side of the back cover. This size works for 8½" x 11" pages. Adjust measurements as needed if using a different page size.

- Trim the front and back covers to 10" tall. The lines that were drawn 2" from the sides will be on the left of the front cover and right of the back cover.

- Attach Patchwork Foot #37 or Patchwork Foot with Guide #57 to the machine. Stitch the 10" x 12" lining pieces to the front and back covers, right sides together, using a ¼" seam allowance. Leave the short side—the side with the 2" marking—open.

- Turn and press each piece.

- Cut two 9" x 9" pieces of cardboard or poster board and slip one into each cover. Fold under 1" on the open ends and press.

- Attach the Seam Guide to Reverse Motion Foot #1/1D and attach the foot to the machine.

- Select stitch #732. Adjust the guide as needed and sew along the folded edge to hold the hem in place.

- Using Eyelet Embroidery Set #82 with Foot #92, punch two holes into the back and front extensions using the cardboard guide included with the page protectors as a guide for placing the holes. The Eyelet Embroidery Set includes several sizes of eyelet cutters.

- Stitch around each hole using Eyelet Embroidery Set #82, following the instructions included with the attachment to complete the eyelets.

Note: An alternative technique is to insert brass grommets into the holes using a grommet setter.

Make the Fish Embellishment

- Spray the back of a hoop-sized piece of OESD HeavyWeight Cut-Away Stabilizer with 505 Temporary Adhesive Spray and adhere it to the back of a hoop-sized piece of synthetic suede. Hoop the two layers as one piece.

- Stitch fish designs #NB996_48, NB997_48, and NB999_48, skipping the first color (the background shell) of each one.

TIP: If you have BERNINA Embroidery Software 6 you can combine the designs AND delete the background before sending the design to your machine!

- Glue a second piece of synthetic suede or a piece of sturdy fabric to the underside of the fish, and carefully cut out each fish.
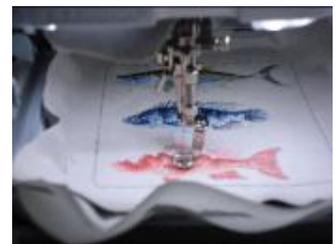
- Attach a small brass safety pin near the mouths of the fish.

- Tie three knots about 2" apart on the twine for decoration.

- Thread the twine through the eyelets of the book covers and page protectors to tie the book together. For a more decorative effect, combine the twine with strands of ribbon before threading it through the eyelets.

Suggestions for Recipe Pages

- The finished size of the pages should be 8½" square to fit into 8½" square scrapbook pages.

- Choose your favorite seafood recipes and the designs from the collection or other OESD design collections to best depict them.

- You may choose to stitch some of the designs directly onto paper. See the "Tips for Stitching on Paper" sidebar.

- The recipes can be original, handwritten on recipe cards, or some of your favorites copied or typed and printed from your computer.

- Use your favorite scrapbook supplies to embellish and accent the pages.

- You may wish to use printable fabric for ink jet printers and print a picture (.JPG) of your favorite seafood item. Follow the printable fabric manufacturer's suggestions for printing the design on the fabric, but do not remove the fabric from the backing (the backing will act as a stabilizer for stitching lettering or other designs directly on the fabric after printing).
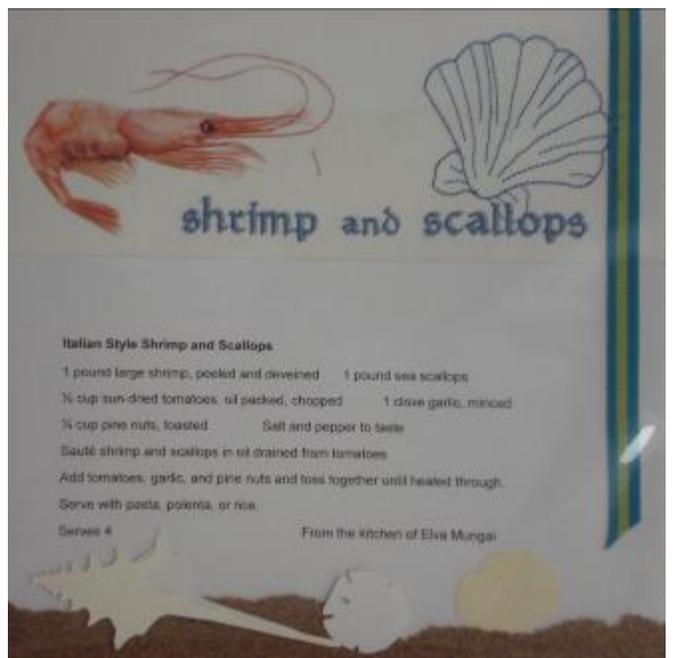
Tips for Stitching on Paper

- Sturdy and/or handmade papers work best.

- Choose designs that are relatively light in density. Heavy designs may perforate the paper.

- Always do a test when embroidering on paper.

To Embroider on Paper:
- Hoop OESD HeavyWeight Cut-Away Stabilizer and spray the top with 505 Temporary Adhesive Spray. Position the paper on top.

OR

- Hoop OESD Stabil-Stick Cut-Away with the paper side up. Use an Embroidery Wand to score the paper side of the stabilizer; remove the paper backing. Position the paper on the sticky surface of the hooped stabilizer.

Select designs and recipes for each page following the examples shown, or use your own design choices and your favorite recipes!
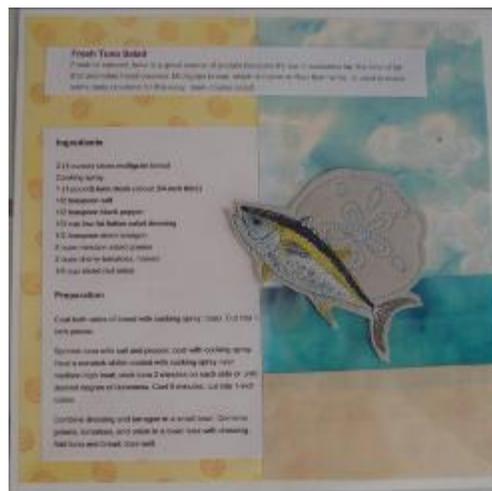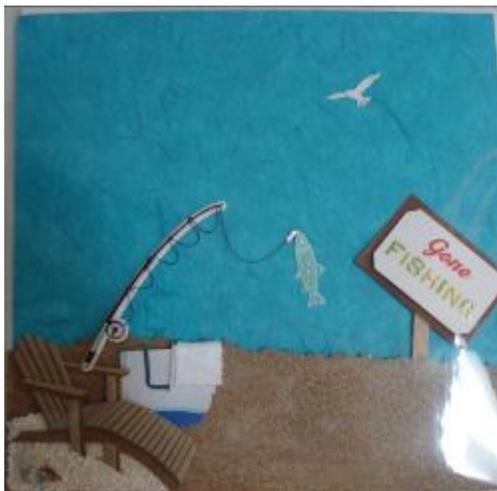
Optional:
BERNINA Embroidery Software 6

Planning the design for the covers and pages is even faster and easier using BERNINA Embroidery Software 6.

Create a Square Template for Designing Pages
- Open BERNINA Embroidery Software 6. Select the *Art Canvas* tab. Change the measurements to inches in the Units drop down box.

- Select the *Vector Rectangle* tool. Hold down the Control (*Ctrl*) key on the computer keyboard and drag a square onto the screen. Size the square 8½" x 8½" square. Select *Arrange > Align and Distribute > Center to Page*.
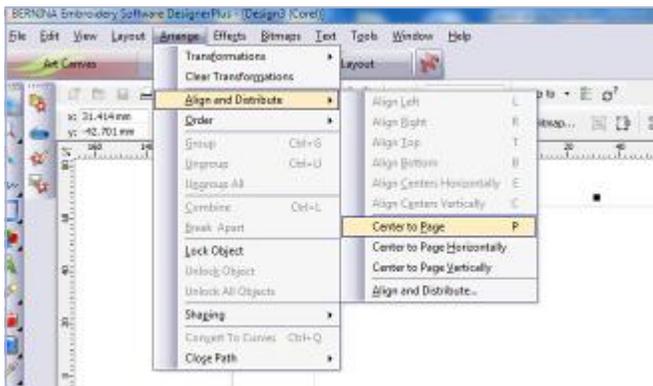
- Click *File > Save*. *Save* the square as **Page Template.ART** in the folder of your choice. This will allow you to use this square as a template at any time you wish by inserting it onto the screen of the *Embroidery Canvas*.

Design the Cookbook Cover and Pages
- Select the *Embroidery Canvas* tab and open Page Template.ART. The square will appear on the screen and will be a useful guide in planning design placement on the pages.

- Click the *Show All* icon to see the entire design square. Select *File > Insert Design* for each design. (Designs #NC013_48 — Fresh Catch, and #NC012_48 — Catch of the Day.)

- Add the word "**Cookbook**" below the appliqué by right clicking on the *Lettering* icon and typing the word into the *Object Properties* box that appears on the screen. Select the *Alice* alphabet; leave the size at 13.99mm.

Software Icons

 • Vector Rectangle Tool

 • Show All

 • Lettering

 • Align Centers

 • Space Vertically

- With the lettering selected, move it below the center design. If you would like to arc the letters at the bottom of the screen, select *Edit > Elastic Lettering > Curved*. Hold down the *Ctrl* key on the computer keyboard as you move the center square down to arc the letters to the desired position.

- Click *Edit > Select All* and then click the *Align Centers Vertically* icon to vertically center the designs.

- To evenly space the designs, select *Edit > Select All* and then click the *Space Vertically* icon.

- Click *Save As* and save the design to your chosen folder. Name the design **Catch of the Day.ART**.

- The design is now finished and can be sent to the embroidery system for stitching. Click the *Send to Machine* icon and select your machine and the method of transfer. Because the square was not part of the embroidery, it is not sent to the machine for stitching.

- Repeat the same planning steps to complete a collage for the back cover if desired. Since the 8½" square template was saved, it can be recalled and used to plan the design for the back cover. Remember to use Insert Design for adding each part of the collage.