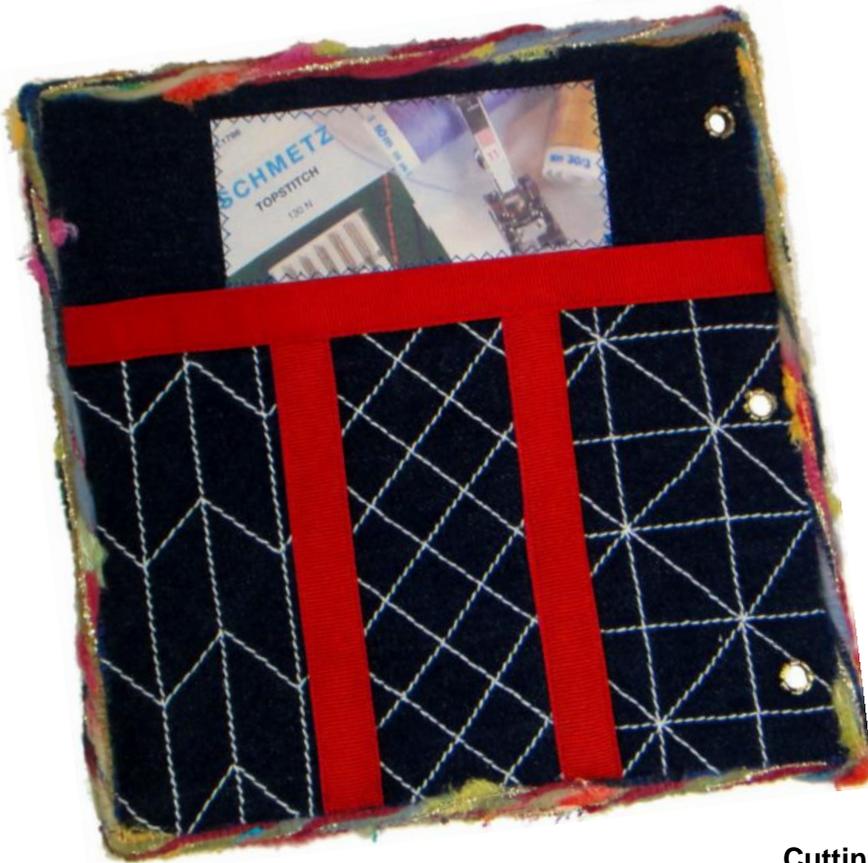


Foot Book

Cordonnet Foot #11



Foundation: Cut-away stabilizer

Background: Denim

Techniques: Sashiko designs stitched in white topstitching thread

Embellishments: Stitch ribbon where Sashiko swatches overlap

(See below for more directions.)

Cutting & Preparation

Cut the following from denim:

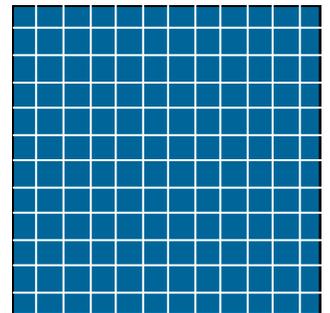
- One 8" square for the base of the page
- Three 6" squares of denim on which to stitch Sashiko designs (see the following page).

Cut an 8" and three 6" squares of cut-away stabilizer; use temporary spray adhesive to bond one to the wrong side of each of the denim squares.

Use chalk or a fabric marker to divide each 6" square into a 1/2" grid.

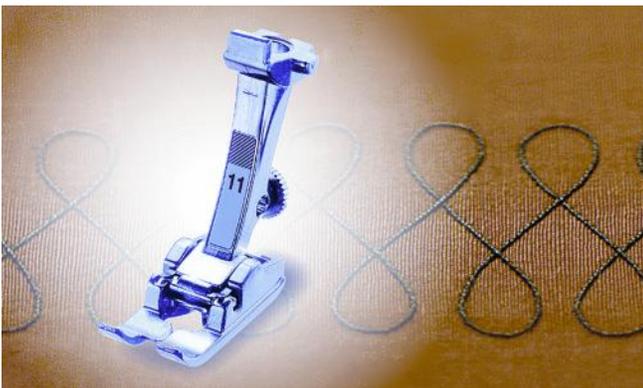
Cut 3 pieces of 5/8" wide grosgrain ribbon: two, 5 1/2" and one, 8" long.

Print the photo on the next page on paper, cardstock, or printable fabric as desired and cut it out.



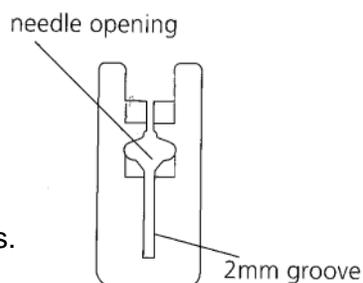
Thread machine as follows:

- Needle: Topstitching #90 or #100
- Thread: Cordonnet or topstitching in needle, usually white or off-white; regular weight sewing thread in bobbin, in a color that matches the fabric
- Stitch: Straight
- Presser Foot: Cordonnet Foot #11



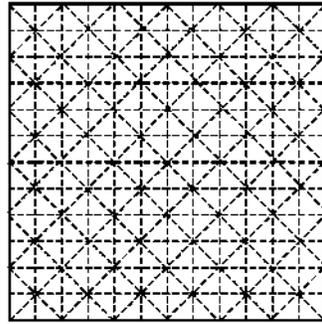
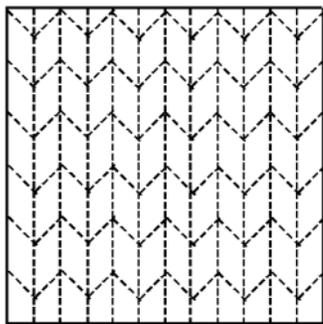
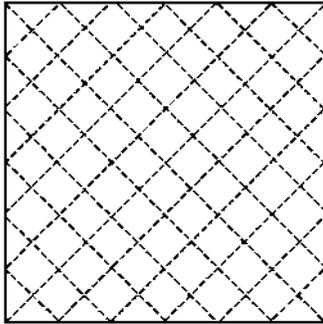
Cordonnet Foot #11

Designed to work specifically with Cordonnet thread by Mettler, this foot has a narrow track on the sole so the heavy topstitching thread can move smoothly under the foot. You can also use this presser foot for couching narrow cord (2mm or smaller) and satin stitching over wire to create tendrils for wreaths, crafts, and home decorating projects.



Directions

Using the marked grid as a guide for stitching vertical, horizontal or diagonal lines, stitch a different Sashiko design on each 6" square. Use one of the designs shown below or see Feet-ures, Vol. 1 for more options.



Trim two of the Sashiko swatches to 2 $\frac{3}{4}$ " x 5 $\frac{1}{2}$ " and one to 2 $\frac{1}{2}$ " x 5 $\frac{1}{2}$ ". Arrange them side-by-side across the lower edge of the 8" denim square; pin in place.

Position the ribbon over the vertical raw edges where the Sashiko swatches meet. Using regular thread, edgestitch them in place. Stitch ribbon across the upper edge of the swatches, covering the cut edges of the vertical ribbon pieces.

Position the printed photo above horizontal ribbon, centering it from side to side. Stitch around the edges using an open zigzag or other desired stitch.

Sashiko

Sometimes called Japanese quilting, Sashiko is actually a series of hand running stitches sewn through more than one layer of fabric. Historically used for mending to extend the life of garments, today Sashiko is often stitched with white thread on denim fabric as a decorative technique.

Sashiko designs are usually geometric patterns or nature motifs. They are often continuous line designs based on a grid and are stitched to create all-over designs on garments and craft projects.

Cordonnet (topstitching) thread is used in the needle with regular weight sewing thread on the bobbin. The tension does not usually need adjusting; however, occasionally it may be necessary to slightly loosen the needle tension to get a perfect stitch. Use the Needle Down function and the Free Hand Sewing system to facilitate stitching around curves and turning corners. Try to stitch as continuously as possible to avoid an excessive number of thread ends. When all stitching is finished, pull the ends to the back and tie off.

For more information on Sashiko and additional design options, see Feet-ures, Vol.1.

Finishing

Place the page wrong sides together and straight stitch close to the outer edges through all layers.

Twist several assorted 1-yard pieces of yarn, ribbon, and cording together.

Thread the machine with monofilament thread in the needle and bobbin. Attach Edgestitch Foot #10 and a medium zigzag stitch.

Place the edge of the page on one side of the presser foot guide and the yarn on the other. Sew the fibers to the edge of the page, overlapping the start and finish slightly. Sew a second time if desired.

Add metal eyelets to the binding edge.

