



# Foot Book

## Gathering Foot #16

*Foundation:* Cut-away stabilizer

*Background:* Printed scrapbook cardstock

*Techniques:* Double-edged ruffle with decorative stitching down the center; gathering a single ruffle to fabric; gathering a double-layered ruffle to fabric.

*Embellishments:* Add a tag showing the number of the Gathering Foot (#16); add several 3-D flowers (found at craft and scrapbooking stores)

(See following page for more directions.)

### Gathering Foot #16

The Gathering Foot is especially useful for making ruffles for clothing and home decorating projects, as well as for specialty techniques such as heirloom sewing and imitation smocking. The gathers sewn with the Gathering Foot cannot be adjusted after being stitched, so it is important to calculate the amount of gathering needed before stitching.

An easy way to do this is to cut a 4" x 10" strip of fabric and then gather it using the gathering foot. Measure the gathered piece to determine the ratio of flat fabric to gathered fabric. For instance if the gathered piece is 5", the ratio is 2:1, if the piece is 3", it is approximately 3:1. If it is not what you want, make some the adjustments below and try again.

The amount of gathering produced is affected by the fabric weight, the stitch length, and the needle tension. A longer stitch length pulls up more fabric with each stitch, and is recommended when gathering heavier fabrics. Engaging the Basting function, if available, makes more gathers on heavier fabrics. Increased needle tension produces tighter gathers on all types of fabric.



Gathering Foot #16 is available in two widths to fit different models of BERNINA machines. The only difference is that one is wider to fit the feed dog of models that have a maximum stitch width of 9mm. The version with the narrower sole is for models that have a maximum stitch width of 5.5mm

### Cutting and Preparation

Cut a piece of cut-away stabilizer the size of the finished page.

Cut a piece of printed scrapbook cardstock the size of the finished page.

Using temporary spray adhesive, bond the stabilizer to the wrong side of the cardstock.

Cut the following fabrics:

Base fabric—5" square

Double edged ruffle—2" x 10"

Single ruffle—1½" x 10"

Double layer ruffle—3" x 10"

### Edge Finishing

Finish both long edges of the double edged ruffle and one long edge of the single ruffle by serging (rolled hem setting) or stitching a narrow hem. *Note: Ruffles can be left as raw-edge ruffles.*

Fold the 3" strip in half lengthwise and press. The folded edge will be the lower edge of the ruffle.

### Gathering

Attach Gathering Foot #16 to your machine and stitch down the center of the double edged ruffle. It will gather as you stitch.

Replace Gathering Foot #16 with Open Embroidery Foot #20/20C/20D and sew a line of decorative stitches down the center over the gathering stitch.



### Gathering to Flat Fabric



Attach Gathering Foot #16 to your machine and place the raw edges of the double layer ruffle under the presser foot.

Place one edge of the base fabric in the slot of the foot; this fabric should not be touching the feed dog.

Stitch the ruffle to the flat fabric in one operation. Press the ruffle down and the seam allowance up toward the base fabric.

Repeat the previous steps, gathering the single ruffle strip to the opposite side of the base fabric.

### Gathering to Flat Fabric

Cut 6-8 pieces of various decorative threads and fibers, each about 10" long. Place on the page as desired and bartack them approximately in the center. Thread a metal or cardstock tag onto the fibers and tie to secure. Using a marker, write #16 on the tag; trim fibers if desired.

Add 3-D scrapbooking flowers or other motifs to the page as desired.



### Finishing

Place the page wrong sides together with another page and edgestitch them together using a straight or narrow zigzag stitch. Add metal eyelets to the binding edge.

### Gathering to Flat Fabric

Gather a piece of fabric while seaming it to a flat piece, all in one step. Always stitch a test strip before using the project fabrics.

Lay fabric to be gathered right side up under the gathering foot. Place the flat fabric right side down in the slot of the presser foot, raw edge against the right side of the slot. The far left needle position will help prevent the fabric from slipping out of the slot.

The piece being gathered will move faster than the one to which it is being stitched. Guide the fabric to be gathered with the left hand and the flat piece with the right hand, taking care to keep both layers properly aligned.



Flat fabric in slot, gathered fabric under the foot