



# Foot Book

## Freehand Embroidery Foot #24

*Foundation & Background:*  
Scrapbook cardstock

*Techniques:* Freemotion doodling;  
machine beading

*Embellishments:* burlap mat;  
photo tag; title tag

(See below for more directions.)

### Freehand Embroidery Foot #24

Designed for freemotion stitching, Foot #24 is used for a wide variety of techniques including thread painting, silk ribbon embroidery, bobbin work, free-hand embroidery and freehand monogramming.



The vertical spring action of this presser foot works with the exclusive BERNINA hopper mechanism of the machine to hold the fabric in place as the needle moves in and out of the fabric. Like other BERNINA Freemotion presser

feet, Freehand Embroidery Foot #24 is not designed to come in contact with the feed-dog. Rather, as the fabric is moved along the desired path, the vertical spring action holds the fabric down as the needle pulls away, keeping it from "traveling" up the needle and allowing the stitcher to have free movement of the fabric.

When using Foot #24, the fabric must be stabilized by placing layers of stabilizer behind it or by hooping the fabric in a spring hoop or a wooden machine embroidery hoop.

The front of Foot #24 is cut away, providing an unobstructed view of the needle and stitching area. This is particularly useful when following a pattern and stitching along marked lines.

The body (shank) of the presser foot is angled away from the sole, which also helps the stitcher see the area being stitched.



Gather the following supplies:

- 8" square of scrapbook cardstock
- 8" square of quilting cotton
- 8" square of low-loft batting
- 8" square of burlap
- Embroidery thread
- Monofilament thread for beading
- Lightweight bobbin thread
- Size 60 needle
- 4-8 seed beads *Note: Beads must be large enough for the needle to fit into the holes.*
- Temporary spray adhesive
- Stiletto or tweezers
- 6" spring or wooden machine embroidery hoop
- Manila cardstock tag, about 4½" x 2"
- Black stickers or marker to create the number 24
- Glue stick or adhesive dots

**Freemotion Doodling**

Using a fabric marker or chalk, trace the flower in the approximate center of the cotton fabric.

Place the batting on the wrong side of the fabric and use temporary spray adhesive to hold them together. The batting helps stabilize the fabric for stitching.

Hoop the fabric and batting as one, positioning the drawn flower approximately in the center of the hoop.

Thread the machine with embroidery thread in the needle and lightweight bobbin thread in the bobbin; select straight stitch.

Lower the feed dog of the machine and position the prepared fabric under the needle.

Starting at the lower edge of the stem, trace the flower with the needle, moving on a continuous line until you return to the starting place. Don't be afraid to backtrack and stitch over any part of the flower to get where you need to be.

Go over each part of the flower - loosely following the outline—as many times as you want, creating a “sketched” design. Fill center of flower with thread.

When the flower is stitched, *do not* remove the fabric from the hoop.

**Machine Beading**

After stitching the flower on the fabric, place the hooped fabric back under presser foot.

Lower the needle into the center of the flower to bring the bobbin thread to the top of the fabric. Take a few securing stitches and clip the thread tail.

Using a stiletto or tweezers and the handwheel, move the bead under the tip of the needle.

Take a couple of stitches, then move the needle outside of the bead and take a few more stitches. Repeat to sew remaining beads in center of flower.

Trim the fabric to about 3” square. Rough-cut the batting from the back around the stitched flower.



Place the stitched flower on a 4½” square of burlap. Stitch a rectangle around the flower, forming a frame. Stitch the frame 6-8 times, randomly offsetting each one.

Position the burlap-mounted stitched flower on the cardstock using the photo on the previous page as a guide. Stitch one last frame around the flower to secure it to the page.

**Photo Tag**

Print the photo below and cut it out. Using glue stick or adhesive dots, adhere photo to the manila tag.

Using stickers or a permanent ink marker, put the number 24 on the tag.

Cut a strip of burlap about ¾” x 8”. Feed the strip through the hole in the tag; tie it with a knot. Trim the ends and fray the edges of the burlap as desired.

Using glue stick or adhesive dots, adhere the tag to the page as shown in the photo on previous page.

**Finishing**

Print the “Freemotion Techniques” tag below on cardstock or paper and use glue stick and/or a decorative brad to secure it to the page.

Place this page wrong sides together with another finished page and glue or stitch along the edges. Add metal eyelets to the binding edge of the page.

