

# Just SEW It!

Try your hand at freemotion stitching with these simple beginner stitch techniques



1. Doodling
2. Scribble Stitching
3. Easy Appliqué
4. Sketching
5. Confetti Fabric
6. Raw Edge Appliqué



## FREE eBook



Includes directions for creating your own Art Journal using the stitching techniques found in this FREE eBook!



# Freemotion Stitching Tips

## Stabilized Fabric

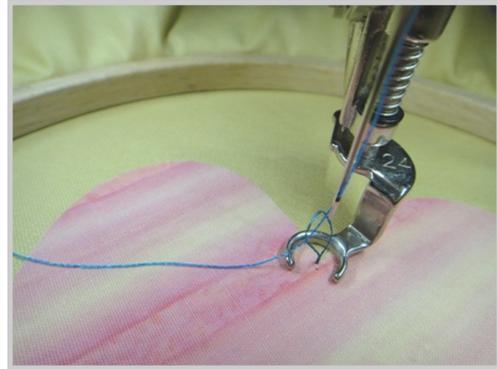
Fabric must be stabilized to accept freemotion stitching but there are a variety of ways to prepare it. One or more of these methods should be used to prepare the fabric for free motions stitching,

- Batting stabilizes the fabric and is often all that is needed, which makes it easy for freemotion quilting.
- Embroidery stabilizers such as cut-away, tear-away and wash-away types work well to stabilize fabric for freemotion stitching.
- Fusible fleece adds stability and support to fabrics; may also need to add a stabilizer.
- Hooping the fabric using a machine embroidery hoop is the traditional type of stabilizing and is often used with other methods of stabilization.

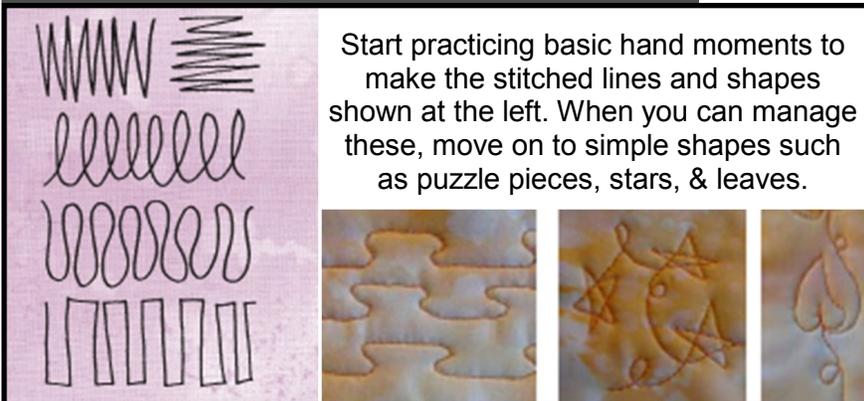
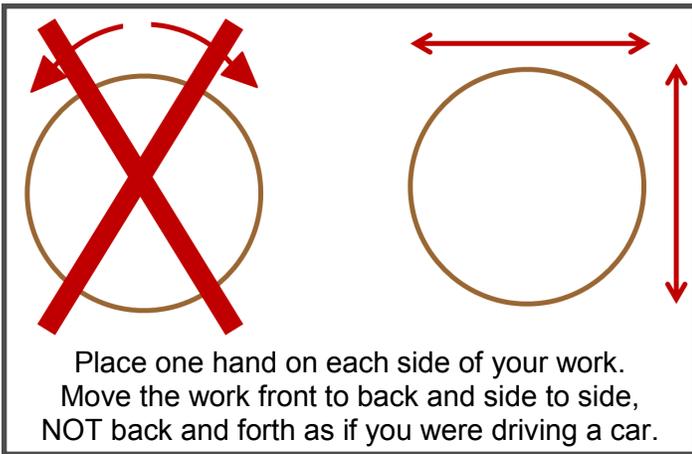
## Before You Start

Always start with a new needle for the best stitching results.

Use the hand wheel, Needle Up/Down button, or Half-stitch foot control to pull the bobbin thread up to the top of the work. This prevents the bobbin thread from tangling and creating a “bird’s nest” on the bottom of your work.



Take 3-4 tiny stitches (almost in place) to secure the beginning and ending of the stitching,



## Keys to Successful Stitching

Practice\*

Relax

Practice\*

Breathe

Practice\*

Have Fun!

\* Or use the **BERNINA** Stitch Regulator!

# Freemotion Presser Feet

The vertical springaction of these BERNINA presser feet works with the hopper mechanism of the machine to hold the fabric in place, eliminating “flagging” (fabric crawling up the needle) as you stitch.

Darning Foot #9

Embroidery Foot #15

Freehand Embroidery Foot #24



Teardrop Embroidery Foot #26

Freehand Quilting Foot #29/29C

BERNINA Stitch Regulator #42



Presser foot lifter is DOWN but the sole of the foot does not touch the machine so you can move the fabric.

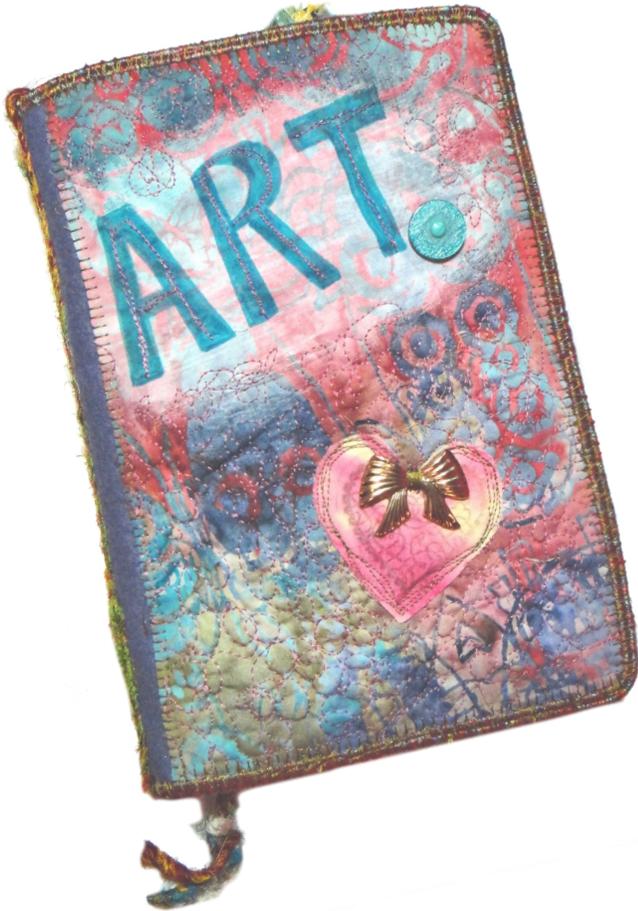


As you take a stitch, the sole of the foot goes down to hold the fabric in place as the needle pulls away

Just  
**SEW** It!

Created by Susan Beck

# Stitched Art Journal



Create an art journal to keep track of stitch techniques and design ideas. The journal detailed here is dedicated to Freehand Embroidery Foot #24, featuring several examples of stitched art using this presser foot. Created with 6 pages, more can be added at a later date

Finished size:

6" x 9" for cover & 5" x 8" for pages

## Freemotion Machine Settings

- Straight Stitch
- Feed Dog Lowered
- Universal Needle #80 unless otherwise indicated
- Freemotion Presser Foot (see below)

See page 9 for *Freemotion Stitching Tips*

## Supplies

### Machine & Accessories

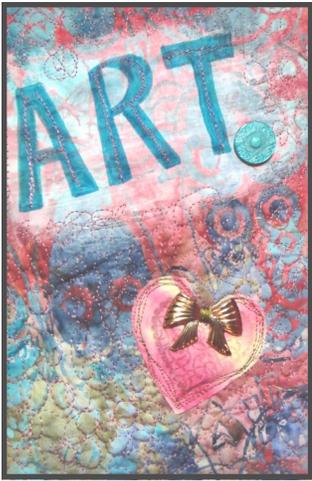
- BERNINA 3 Series or 5 Series machine
- Freehand Embroidery Foot #24
- Open Embroidery Foot #20/20C/20D
- Button Sew-On Foot #18

### Fabric & Notions

Specific fabrics and notions are listed for each stitch exercise on the following pages.



Freehand Embroidery Foot #24 was used for all of the stitch exercises shown on the following pages. The small sole with the cut-away opening in the front offers high visibility of the stitching area which makes it easy to follow drawn lines and appliqué edges. However, any of the BERNINA freemotion presser feet shown here, including the BERNINA Stitch Regulator #42, can be used.



## Front Cover

### Freemotion Technique: Scribble Stitching

- Print fabric, 10" x 10"
- Fuse 'n Fleece, 10" x 10"
- Cotton or polyester thread
- Gesso & Paintbrush
- Permanent ink marker
- Small decorative button
- 3" square of fabric



Paint over the area with gesso. It may be thinned with water if desired; can also be used as a primer under paint.

After the gesso is dry, draw or write over it with a permanent ink marker.

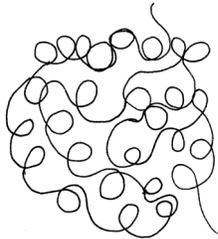


Stitch on the letters or drawn object as desired.



Back with fusible fleece or felt; scribble stitch around the painted word.

Trim cover to 5½" x 8½".

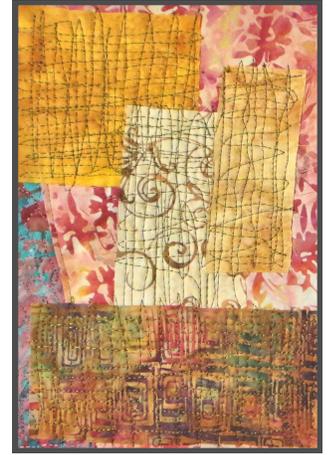


Using the pattern to the right, cut and fuse heart in place; freemotion stitch several times along the edge of the heart. Add a bow using yarn, embroidery floss or add a metal bow charm.

## Back Cover

### Freemotion Technique: Scribble Stitching

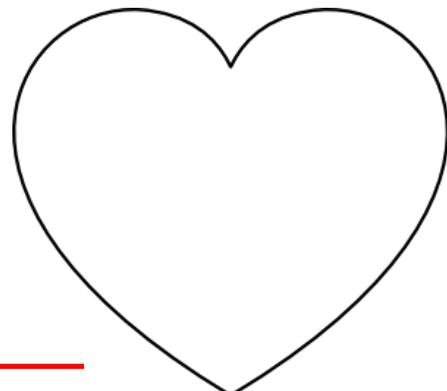
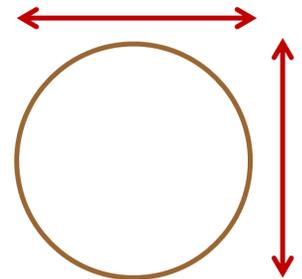
- Base fabric, 5½" x 8½" (can be pieced if desired)
- Fuse 'n Fleece, 5½" x 8½"
- Cotton or polyester thread
- Assorted squares and rectangles of fabrics as desired.



Bond Fuse 'n Fleece to the wrong side of the fabric. Place 1-2 layers of tear-away stabilizer on the fleece side, using spray adhesive to adhere.

Position in place on the background fabric, layering as desired; glue stick in place.

Stitch the fabric pieces in place using basic back forth and side-to-side motions.



# Outer/Inner Cover Assembly

## Techniques: Blanket Stitch Appliqué Couching

- Two pieces of felt, 13" x 9" each, one for the outer cover & one for the inner cover
- Temporary spray adhesive
- Cotton or polyester thread
- 3-6 pieces of yarn or fibers, 20" each
- Open Embroidery Foot #20/20C/20D
- Braiding Foot #21 for making custom cord



## Outer Cover

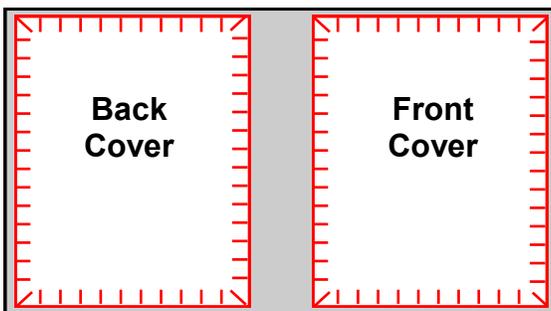
Find the center of the piece of felt and mark a line about ½" on each side of it for the spine of the book.

Position the front cover on the right side of the felt and the back cover on the left as shown .

Attach Open Embroidery Foot #20/20C/20D to the machine and select the Blanket Stitch, Use the default settings or adjust as desired. Adjust the needle position to the far right.



Stitch along all four sides of the front cover, aligning the fabric edge with the inside toe of Foot #20. Repeat for the back cover.



Couch 3-6 strands of yarn or cord down the center of the spine using Open Embroidery Foot #20/20C/20D and a zigzag stitch (2mm-3mm for length a width setting that is wide enough to go over the cord).



The excess length of the cord will become a bookmark. Braid the cords together & tie end into a knot.

## Inner Cover

Place the second piece of felt on the wrong side of the outer cover using temporary spray adhesive to hold them together.

Edgestitch along all 4 edges using a straight stitch and Open Embroidery Foot #20/20C/20D.

Finish the cover by couching a cord along the edges using a zigzag stitch (2mm-3mm for length a width setting that is wide enough to go over the cord). The cord will go next to the appliquéd covers, sitting on the "lip" of felt. *Note: See below for directions to make custom cording.*

## Custom Cording

Feed one or more yarns into Braiding Foot #21.

Zigzag over the yarn with a zigzag stitch to cover the yarn. Start with an open stitch wide enough to go over the yarn.

Stitch a second time with a shorter stitch length. Continue stitching over the yarn, varying stitch settings and threads as desired.





## Page 1

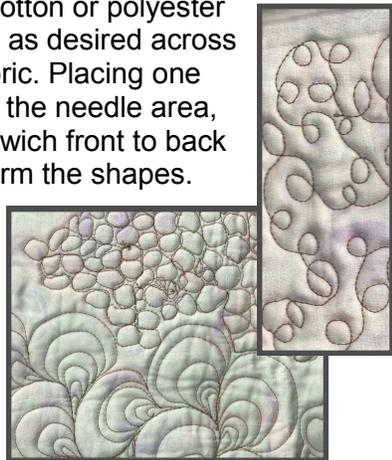
### Freemotion Technique: Doodle Stitching

- Two 10" squares of fabric
- One 10" square of batting
- Cotton or polyester thread
- 7 small merchandise tags
- 7 pieces of assorted fibers, ribbon, or yarn in varying lengths from 12" - 20"
- 8" length of narrow ribbon
- Rubber band

Make a quilt sandwich with batting between the two pieces of fabric, wrong sides together. Use temporary spray adhesive to hold the layers together.

Using the handwheel or needle stop down button, pull the bobbin thread up to the surface.

Using a contrasting cotton or polyester thread, make shapes as desired across the surface of the fabric. Placing one hand on each side of the needle area, move the "quilt" sandwich front to back and side-to-side to form the shapes.



Trim the stitched fabric to 5" x 8" .

Write one characteristics of doodling on each tag: Fun, Freemotion, Relaxing, Creative, Imaginative, Messy, Imprecise.

Double each fiber or cord and slip the folded end through the hole of a tag; thread the two ends through the loop and pull snugly through the hole.



Gather the cords in one hand and put the rubber band around them about 2" from the top. Tie the ribbon around the fibers/cords to cover the rubber band.

Hand stitch it to the page, near the upper edge, centered from side to side..

## Page 2

### Freemotion Technique: Easy Appliqué

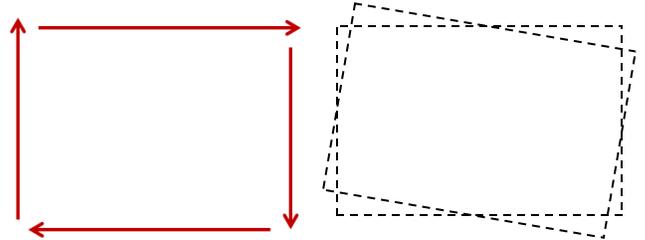
- Background fabric, 5" x 8"
- Fuse 'n Fleece, 5" x 8"
- Cotton or polyester thread
- Assorted squares and rectangles of beautiful fabrics as desired
- Assorted buttons
- Silk ribbon as desired



Bond Fuse 'n Fleece to the wrong side of the fabric.

Cut out assorted sizes of squares & rectangles. Position in place on the background fabric as desired; glue stick in place.

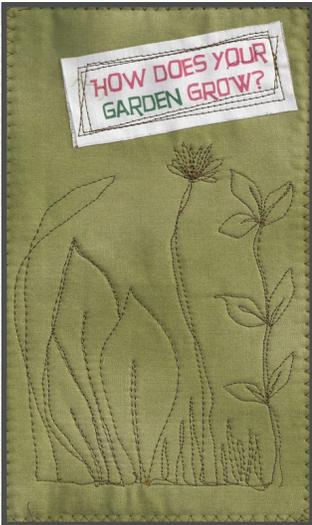
Stitch inside the edges to follow the shape, creating a "frame." Stitch 2-4 rectangles, offsetting each one for interest.



Sew buttons in place as desired using Button Sew-on Foot #18.



Tie silk ribbons as desired on selected buttons.



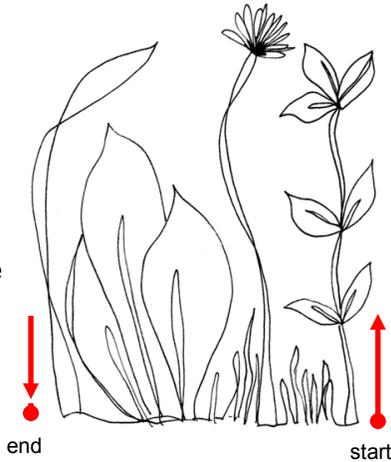
## Page 3

### Freemotion Technique: Sketching

- Background fabric, 10" x 10"
- Fuse 'n Fleece, 10" x 10"
- Cotton or polyester thread
- 1-2 layers tear-away stabilizer
- Fabric or paper for printing the label

Bond Fuse 'n Fleece to the wrong side of the fabric. Place 1-2 layers of tear-away stabilizer on the fleece side, using spray adhesive to adhere.

Nature elements are some of the easiest to sketch with a needle. Using a pencil, pen, or marker, trace the sketch on page 8 of these instructions, starting at the lower right edge and working across the bottom to travel in one continuous line, following the shape of the leaves. Go over the lines several times to familiarize yourself with the path the needle should take. *Note: If desired, use a fabric marker to draw the sketch directly on the fabric to use as a pattern when stitching.*



Working approximately in the center of the fabric, stitch the design following the same path as when you sketched.

When the stitching is complete, remove the stabilizer (some will remain) as completely as possible. Trim the page to 5" x 8", positioning the lower edge of the garden about 3/4" from the lower edge of the page.

Print the label from page 8 onto fabric or paper as desired. Cut it out along the outer lines. Position it above the garden and stitch it as described on the previous page for Easy Appliqué.

## Page 4

### Freemotion Technique: Sketching

- Background fabric, 10" x 10"
- Fuse 'n Fleece, 10" x 10"
- Cotton or polyester thread
- 1-2 layers tear-away stabilizer
- Paper for printing the sketch

Bond Fuse 'n Fleece to the wrong side of the fabric. Place 1-2 layers of tear-away stabilizer on the fleece side, using spray adhesive to adhere.

Use the needle and thread to draw a recognizable motif. The wood grain of a tree is represented in a series of easy-to-sketch wavy lines.

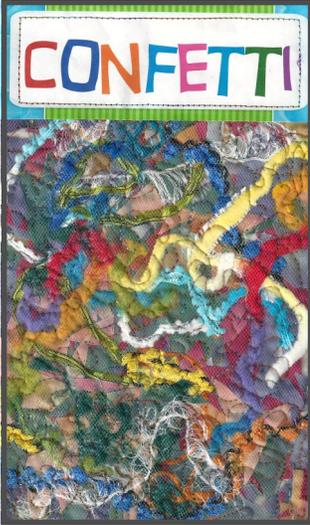
Using a pencil, pen, or marker, trace the sketch of the tree on page 8 of these instructions. Go over the lines several times to familiarize yourself with the path the needle should take. *Note: If desired, use a fabric marker to draw the sketch directly on the fabric to use as a pattern when stitching.*

Working approximately in the center of the fabric, stitch the lines with thread using Freehand Embroidery Foot #24. Stitch as continuously as possible but stop when needed; tie-off and start in a new spot.

When the stitching is complete, remove the stabilizer (some will remain) as completely as possible. Trim the page to 5" x 8", positioning the lower edge of the garden about 3/4" from the lower edge of the page.

Print the small sketch of the tree shown on the page and cut it along the outer lines. Position and stitch to the page using the photo above as a guideline.





## Page 5

### Freemotion Technique: Confetti Fabric

- Low-loft batting, 10" x 10"
- Assorted fibers and yarns
- Neutral colored tulle netting, 10" x 10"
- Assorted scraps of fabric
- Variegated thread that coordinate with fabrics
- Fabric or paper for printing the label

Cover a piece of batting or felt with snippets of fabric. Add pieces of fibers on top of the fabric pieces.

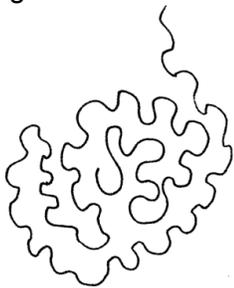


Cover with tulle; pin in place around the edges of the fabric snippets.

Stitch over the tulle, through all layers, covering the surface of the fabric with a continuous line of stitching similar to the sketch below.



Trim the confetti fabric to 5" x 8" to make the journal page.



Print the Confetti header from page 8 onto fabric or paper as desired. Cut it out along the outer lines. Position it at the top of the page and stitch it along the edges.

*Note: Instead of using tulle, cover the snippets with water-soluble stabilizer and rinse it away after the stitching is complete.*

## Page 6

### Freemotion Technique: Raw Edge Appliqué

- Background fabric, 10" x 10"
- Fuse 'n Fleece, 10" x 10"
- Two identical shapes cut from a print fabric
- Cotton or polyester thread in desired color
- Cotton or polyester thread
- 1-2 layers tear-away stabilizer
- Paper-backed fusible web
- Stamped or printed words, "Dimension" and "Detail"

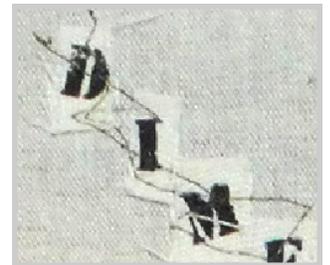


Bond Fuse 'n Fleece to the wrong side of the fabric. Place 1-2 layers of tear-away stabilizer on the fleece side, using spray adhesive to adhere.

Adhere the shapes to the background fabric using fusible web following the manufacturer's direction.

Stitch around the petals of the flower, adding additional stitches in the center and around the outer edges to add detail and dimension to it.

Roughly cut the words into individual letters. Place them on the page as desired, spelling the two words. Use glue stick to hold them in place. Randomly stitch over the letters, making sure you stitch through each one at least once.



#### Optional

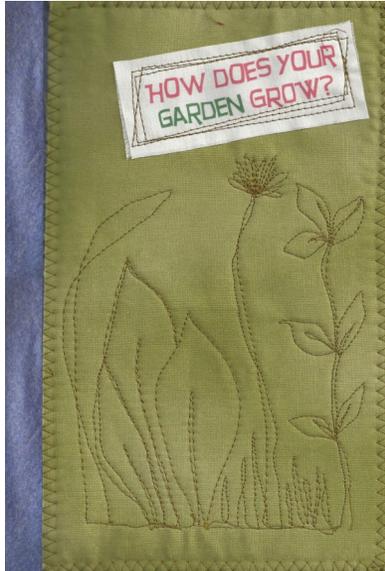
*Add seed beads to the center of the flower. Position Foot #24 over the desired area with the needle about one bead width away from the desired position. Put the needle (size 60 or 70) into the hole of the bead and take 1-2 stitches. Move the needle to the desired position and take 1-2 stitches. This will turn the bead on its side so the holes are not visible. Continue until the desired number of beads are stitched and then sew in place to tie off the stitching.*



# Book Assembly

From felt, cut one binding strip for every two pages. Cut each strip 1½" x 8" (3 strips for the journal).

Place two pages wrong sides together. Insert a felt binding strip between the two pages along the edge to be bound, leaving about 1" extending. Pin the layers together.



Zigzag along all four edges of each page, joining the two pages and securing the binding strip in the process.

Stack the pages and sew together on the binding strip, about in the center.



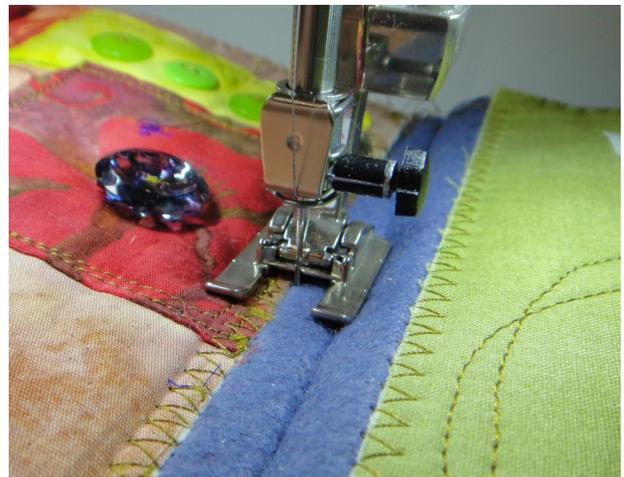
Open the book to pages 2 and 3. Turn it over and press the seam open.

Turn the book over, again to pages 2 and 3. Position the seam down the center of the inside cover; pin.

Stitch-in-the-ditch using Open Embroidery Foot #20/20C/20D to secure the pages to the cover. The stitches will be hidden in the yarns that are couched on the right side of the spine.



Stitch the binding strip a second time on *pages 2 and 5 only*. Securing these pages to the cover encloses the seam allowances of the binding strips.





All items on this page are shown in actual size to be used on the pages of the Stitched Art Journal.



HOW DOES YOUR  
GARDEN GROW?

