

ISSUE  
9

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Doodle Bag



Someday... Hawaii Quilt



Skinny Scarves

# Cut Velvet Slippers

with lots of sparkle!

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Paisley Christmas  
Collection 12355  
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# Needle Notes

Winter is my favorite time for sewing, all snug and warm in my sewing room, with pretty drifts of snow outside the window and colorful piles of fabric and trims by my sewing machine. (In my dream sewing world, snow magically clears itself from my driveway; no shoveling required!) Christmas, Hanakkuh, and Kwanza are only a few weeks away, and we suspect that you haven't quite completed your holiday shopping and sewing. For this issue of *Through the Needle ONLINE* we've collected several quick-and-easy projects that lend themselves to stitching in multiples. Set up a sewing assembly line and get stitching!

Make Sharon Clark's handy "Needle Minder" for all of your sewing friends – who wouldn't appreciate a book for organizing their used machine needles? The ladies and girls on your list will love Susan Beck's pretty scarves. They are also terrific items to make in multiples for craft shows. Simply set up your serger and go! The appliquéd and stitched embellishments on Sarah Goodman's "Doodle Bag" take only minutes to complete; make these bags for your friends, using a different assortment of shapes and squiggles for each one. And what could be simpler than embroidering a design on slipper "blanks"? Bunny Gates' "Cut Velvet Slippers" make a lovely stocking stuffer.

If you're looking for a way to keep warm during chilly nights, Mary Beck's "Someday... Hawaii" quilt will keep you covered while also warming your spirit with thoughts of beaches and sunshine. Don't let the intricate appliqué designs scare you — BERNINA's CutWork Software and Accessory make cutting and stitching a breeze! Decorate your home for the holidays with Nina McVeigh's elegant table runner. Choose colors to enhance your décor, or shades to celebrate winter and the holiday season.

For more gift ideas, check out the back issues of *Through the Needle ONLINE* archived at [www.ThroughTheNeedle.com](http://www.ThroughTheNeedle.com) and visit the BERNINA USA blog, [www.WeAllSew.com](http://www.WeAllSew.com). Send photos of your holiday sewing projects to [jo@berninausa.com](mailto:jo@berninausa.com) — we love to see what you're sewing! Happy Holidays!

*Jo Leichte*  
Jo Leichte  
Editor



**we all** *SEW*

## Quilted Holiday Stocking

It's as easy as 3-2-1. With just three fabrics and two stitches you can make one elegant stocking for the holidays. By adding a bit of quilting and interesting ribbons and trims, you can design your own unique look. Cheers to that!

*Project by Lisa Klingbeil*

Visit [WeAllSew.com](http://WeAllSew.com) for more project instructions and sewing tips!

# Skinny Scarves

by SUSAN BECK

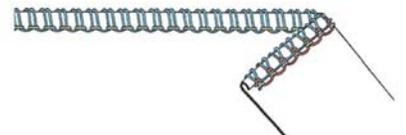
*These long, narrow scarves made of t-shirt knit or sheer fabric are fast to make and fun to wear – one, two, or even three at a time! They're a great item to make for craft fairs and bazaars – and they also make great gifts!*

## Directions

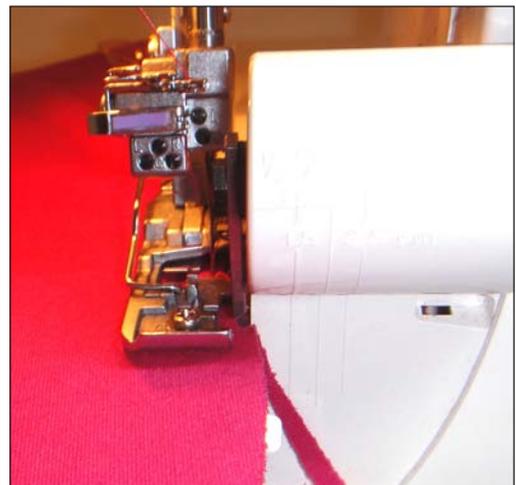
Cut a rectangle of fabric 10" wide and 3 yards long.

*Note: The more lightweight the fabric, the wider the scarf can be (12"-14"). If the fabric has more bulk, you can cut it very narrow (6"-8").*

Thread the serger for a 3-thread rolled hem, adjusting the tensions as directed in your user manual. Generally, the needle tension will be normal, the upper looper tension will be loose, and the lower tension will be tight. Sew a sample on fabric scraps to decide if the resulting rolled edge looks the way you want it to. Adjust the settings as needed. Different fabric types and weights may require different tension adjustments for the perfect rolled edge.



Serge all four edges of the scarf, starting at one end and serging off the opposite end, and trimming the edge slightly as you go.



## Supplies

- 3 yards of lightweight, sheer, or single knit fabric in polyester, cotton, rayon, or silk (yardage will make 4-6 scarves)
- Serger with 2- or 3-thread rolled hem capabilities
- Three cones or spools of fine (60-weight) thread to match or blend with the fabric
- Seam sealant



*Tip: Hold your hand lightly on the fabric to the left of the foot to make sure the fabric is going under the needle and not falling away after it passes the knife.*



Once all four edges are stitched, place a dot of seam sealant on each corner. Once the sealant is dry, clip the thread tails close to the corners.

Option: Slightly round each corner, serging from start to finish without stopping. Overlap the stitches at the beginning and end of stitching, then secure the stitches with seam sealant as directed above.

### Wearing the Skinny Scarves

Option 1: Fold the scarf in half and place it around your neck. Slip the two loose ends into the loop formed at the fold.

Option 2: Place the center of the scarf at the center front of your neck. Take each end to the back and then back around to the front, leaving the ends loose on each side.



option 1



option 2

Option 3: To wear two or three scarves together, place them side-by-side and treat them as one.



option 3

### Tips for a Perfect Rolled Edge

If the fabric is not rolling to the underside:

- You may be trimming too much fabric away and there isn't enough to roll under. To correct this, adjust the cutting width (to a higher setting). This moves the knife to the right, which leaves more fabric to roll to the underside as the stitch is formed.
- The fabric may be too stiff or heavy to roll. In this case, use a lighter weight fabric if rolled edges are desired.

If you are having trouble feeding the fabric straight under the foot, press the fabric, using spray starch along the edge of the scarf. This will stabilize the edge so that trimming is easier and the stitch forms smoothly around the edge.

If the stitched edge has a lot of "whiskers," place a strip of water-soluble stabilizer (such as AquaFilm by OESD) along the edge of the scarf, then serge through both layers. The stitch will form over the stabilized edge, giving a clean, smooth rolled hem.



After stitching is complete, hold the rolled edge with one hand and gently pull the stabilizer from the stitching. Remove any excess stabilizer with water if needed.

A 2-thread rolled edge can be used if your serger has this capability. This stitch formation requires only two threads (the right needle and lower looper) and results in a more delicate edging than the 3-thread rolled hem. It's especially nice on sheers and other filmy or lightweight fabrics.

# Cut Velvet Slippers

by BUNNY GATES

## with lots of sparkle!

For additional projects featuring OESD's "Divine Flowers & Vines" Premier Collection #1102, visit [www.berninausa.com](http://www.berninausa.com).

### Supplies

- Embroidery system
- OESD "Divine Flowers & Vines" Premier Collection #1102
- Slippers from [www.allaboutblanks.com](http://www.allaboutblanks.com)
- OESD Hydrostick Tear-Away stabilizer
- OESD AquaFilm Topping
- 505 Temporary Spray Adhesive
- Isacord Embroidery thread
- Organ Embroidery needle, size 80/12 Sharp
- Water-soluble marker
- Pen or pencil
- Crafting knife
- EZ Glitzer and crystals
- Large Oval Hoop

*Looking for something quick and easy for Christmas gifts this year? Embroidering a pair of slippers couldn't be easier! These Velcro-Closure Slippers from All About Blanks make a wonderful personalized gift for children and adults. For an elegant look, add a design from the "Divine Flowers and Vines" Premier Collection — a BERNINA exclusive.*

### Plan the Layout

Open design #BE110209 from the Divine Flowers & Vines embroidery collection in your embroidery software.

If you do not have embroidery software, download the free BERNINA Artlink 6 from [www.berninausa.com](http://www.berninausa.com) > Products > Software.

Click on the Hoop icon and select the artista 255 x145 Oval w/X-Y Lines. Print two copies of the template.

On both paper templates, outline the parts of the design that will be used on the slippers, as well as the horizontal and vertical center lines. *Note: We've used a thick permanent marker instead of a pen or pencil to make the lines easy to see in the photo.*

From one paper template, trim the excess paper from around the design. Position the flower template on the slipper as desired, keeping the design just to the left of the Velcro strip. Transfer the horizontal and vertical center lines to the slipper.



*Tip: Be careful not to get too close to the sole of the slipper, as this may cause problems when stitching the design.*

Place the slipper on the second paper template, matching the center lines. Trace the slipper onto the template. Note that the entire flap does not fit within the hoop. When the flap is embroidered, the design must be moved to the left far enough for the flap to fit inside the hoop.

### Embroider the Slipper

Hoop a layer of HydroStick Tear-Away Stabilizer. Mark the horizontal and vertical center lines of the hoop. For the slipper flap to fit inside the hoop the design must be moved to the left; mark the new vertical center mark on the center line. Attach the hoop to the embroidery machine and use the onscreen editing features to move the hoop until the needle is aligned with the new center mark. Remove the hoop from the machine.

In the area where the slipper will be placed, moisten the Hydrostick stabilizer using a damp sponge or an envelope wetter. Place the slipper on the stabilizer, aligning the horizontal and vertical placement lines; finger press into place. Allow the stabilizer to dry for a few minutes.

Lightly spray a piece of AquaFilm with 505 temporary spray adhesive and place over the slipper.

Attach the hoop to the embroidery machine. Stitch the design, skipping the sections not outlined on the template.



*Tip: Slow down your machine and watch as its stitching. You may need to gently hold the sole of the slipper to keep it from pulling the slipper away from the stabilizer.*

Remove the hoop from the embroidery machine. Remove the slipper and stabilizer from the hoop and trim the jump stitches.

Re-wet the HydroStick to remove the excess stabilizer from the slipper.

Remove the excess AquaFilm Topping by gently tearing it away from the stitches. Rinse away any remaining stabilizer with plain water.

Mirror-image the design and repeat the above steps for the other slipper.

### Add the Finishing Touches

Some of the flowers and leaves in this collection are stitched with multiple layers of satin stitching. Following the instructions included with the collection and using the chart to locate the specific satin areas to cut, carefully slice these threads using a crafting knife. This will add beautiful dimension to your embroidery.

Add EZ Glitz Swarovski Crystals as desired using the EZ-Glitzer.



### Thread Color Substitutions

Color #1	Brown Leaves Isacord 0722 — no change
Color #2	Dark Blue Petals Isacord 4332 — change to Kiwi 5822
Color #3	Dark Brown Petals and Cut Satin Leaves Isacord 1565 — change to Bordeaux 2123
Color #4	Light Blue Cut Satin Petals Isacord 4732 — change to Grasshopper 5933
Color #5	Peach Flowers Isacord 1761 — change to Blossom 1921
Color #6	Stamens Isacord 0643 — change to Blossom 1921
Color #7	Stamen Outline Isacord 3654 — change to Grasshopper 5933

# Doodle Bag

by SARAH GOODMAN

*Embellish this sturdy tote bag with a few spots of color and some simple “stitch doodling” using needle and thread.*

*Even if you’ve never free-motion stitched before, you will find this easy project fun to do!*

## Gather your Materials

- $\frac{3}{4}$  yard of canvas or other heavyweight fabric, cut into:
  - Two 18” x 18” squares (tote front & back)
  - Two 22” x 5” strips (straps)
- Three 5” squares of printed or solid-color fabrics
- Three 5” squares of Steam-a-Seam 2 fusible web
- Thread to match heavyweight fabric
- Black or dark thread to contrast with fabrics
- Edgestitch foot (BERNINA Edgestitch Foot #10/10C/10D)
- Your favorite free-motion presser foot (see sidebar)



There are many presser foot options for free-motion stitching, such as these BERNINA accessories:

- Darning Foot #9: Circular metal sole that sits above, not touching, the feed dog.
- Freehand Embroidery Foot #24: Similar to Darning Foot #9, but with a piece cut from the front for added visibility between the toes of the foot.
- Teardrop Embroidery Foot #26: Similar to Darning Foot #9, but with a smaller, tear-drop-shaped needle opening.
- Freehand Quilting Foot #29/29C: Lozenge-shaped, clear plastic sole that sits above the feed dog.
- Echo-Quilting and CutWork Foot #44: Large, clear sole marked with concentric circles for ease in spacing lines of echo quilting.
- BERNINA Stitch Regulator — Equipped with three soles — clear metal, open metal, and clear plastic. The BERNINA Stitch Regulator reads the motion of the fabric under the foot and adjusts the motor speed accordingly.

## Make the Straps

Fold the strap pieces in half lengthwise, wrong sides together, and press.

Open the strap and fold the outer edges in to meet the center fold; press.

Re-fold along the original foldline and press with turned edges even. Attach the edgestitch foot to the machine and adjust the needle position to one side. Topstitch close to each edge of the strap.

To prevent the strap ends from raveling, overcast the edges with the Vari-overlock stitch using Overlock Foot #2/2A.

## Embellish the Tote Front

Affix a square of fusible web to the wrong side of each 5" square, following the manufacturer's instructions.

Cut a 3"-diameter circle from each square of the fusible-backed fabric. Peel away the paper backing.

Arrange the three fabric circles on one of the 18" squares (the bag front) as desired. Fuse in place following the manufacturer's instructions.

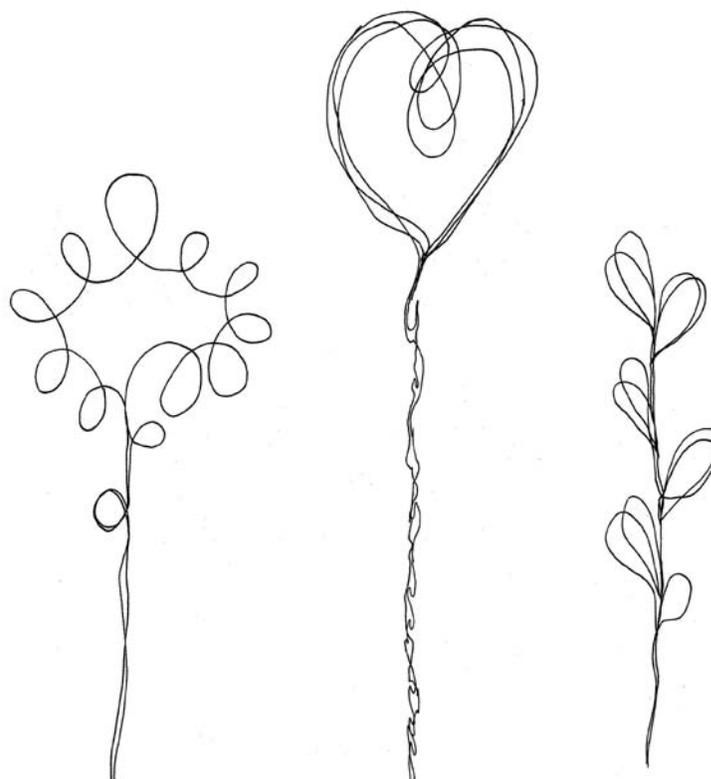


Thread the machine with black or dark thread and lower the feed dog.

Attach your favorite free-motion presser foot to the machine.

Create a "line drawing" over the fabric circles:

- Starting at the lower edge of the fabric, stitch a "stem" up to the circle.
- Stitch a shape over the circle, several times if desired.
- Stitch back down to the lower edge of the tote-front square.



The "doodling" is not exact, so just stitch until you are satisfied with the results. Repeat for each circle until you have three "drawings."

*Tip: Practice drawing these shapes (or make up your own) using pen and paper before stitching on the fabric. This will help improve your eye/hand coordination when stitching on the fabric circles.*

## Make the Tote Bag

Place the two 18" fabric squares right sides together. Stitch along the sides and bottom of the bag using a ½"-wide seam allowance, leaving the top edge open.

Apply a seam finish to the seam edges using one of the following methods:

- Vari-overlock stitch using Overlock Foot #2/2A
- Serger 3- or 4-thread overlock
- Bias binding

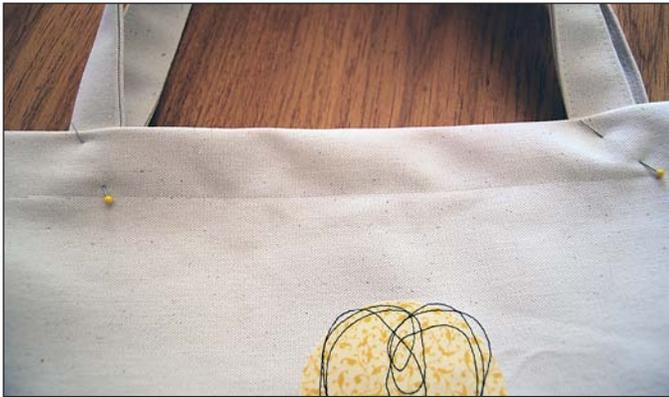
To create the base of the bag, align the side and bottom seamlines to form a triangle as shown. Draw a stitching line perpendicular to the seamline 2" from the point of the triangle.



Trim the excess fabric 1/2" from the stitching and finish the seam allowances with the vari-overlock stitch and Overlock Foot #2/2A.

Leaving the bag inside out, turn under 1/4" at the upper edge; press. Turn under again an additional 1" and press. Pin in place.

Turn the bag right side out. From the outside, stitch about 7/8" from the inner fold of the turned hem, stitching as close to the edge as possible.



Pin one strap in place on the inside of the bag front, with the outside edges 3" from the side seams; pin in place. Repeat, pinning the second strap to the back of the bag.

Stitch the straps end in place with an X and a square as shown.



### Sarah Goodman

Sarah is a self-taught seamstress with an eye for detail. She enjoys sewing everything from clothing to home décor and is always looking for new techniques to learn. A wife and mom of two living in Southern California, she loves helping family and friends realize an idea for a sewing project. When she sees something she likes, her usual response is "I can make that!"



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*"Two and a half days of seminar sitting without sewing/hands-on activities? Yes! What an absolutely informative and inspiring experience!"*

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by SHARON CLARK

### Supplies

- BERNINA Embroidery Software 6
- BERNINA 830 sewing and embroidery machine
- Jumbo Hoop
- OESD Polymesh Cut-Away stabilizer
- One 17" x 24" rectangle of light-colored fabric
- One 17" x 24" rectangle of "Vine" Black/Gray from the Habitat Collection by Benartex
- One 17" x 24" rectangle of Warm & Natural quilt batting
- Wonder Under or Steam-a-Seam 2 fusible webbing
- 505 Temporary Spray Adhesive
- Isacord embroidery thread
- Rotary cutter and mat
- ¼" foot (BERNINA Patchwork Foot #37/37D or Patchwork Foot with Guide #57/57D)

*This handy needle-minder, created in BERNINA Embroidery Software 6 for the BERNINA 830's Jumbo Hoop, is stitched entirely in the hoop. For smaller hoops, use the Hooping feature of the software to split the design into parts and stitch it in multiple hoopings.*

### Open and Save the File

Select File > New to open a new file.

Select File > Save As; name the file **NeedleMinder.ART** and click OK.

Click on the Hoop icon to toggle the hoop off.

Right click on Grid icon to open the Options dialog box. Click on the Grid tab and select Show Grid and Snap to Grid. Set Horizontal spacing to 10.0 mm and Vertical spacing to 10.0 mm. Click OK.

### Create the Grid

Left click on Outline and select Single.

Left click on the Rectangle tool; click and drag a rectangle on the screen, then left click to place it. Press the ESC key on the keyboard to deactivate the tool. Don't worry about the exact size of the rectangle.

With the rectangle selected, click on the Object Properties icon. Select the General tab; set the Width to 280 mm and the Height to 180 mm. Click OK.

Click Show All. If the drawn rectangle does not align with the lines of the grid, left click and drag one of the vertical lines to a grid line, watching the measurements in the lower right corner of the screen. Do the same for one of the horizontal lines.

Hold down the Ctrl key and press D on the keyboard to create a duplicate rectangle. This will stitch first and secure the fabric in place. The duplicate is not yet visible in Color Film.

Click Show All. Be sure the rectangle is selected.

Left click on the Open Object tool. Starting from the right side of the rectangle:

- Click where the top line of the rectangle and the fourth line in from the edge (including the edge) intersect.
- Click at the top intersection and pull the mouse down vertically to the lower horizontal line.
- Click, making sure they join.

You have made a column with three small grid squares. Repeat six times for a total of seven identical columns.

Starting seven squares in from the left side of the rectangle and two squares down from the top, use the same Open Object tool process to create nine horizontal rows.

Starting two grid squares down from the top, create vertical lines on each grid line between the columns, but do not do this for the far right column.

Press ESC to deactivate the Open Object tool.

Clean up the stitch path to make it more efficient by deleting most of the jump stitches:

- In Color Film, click on Show Individual Objects; you will see just a rectangular box in one square and the grid in the other square.
- Click on the grid square.
- Scroll down to the last object; this should highlight all but the first object (the rectangle).
- Click on the Group icon at the lower left corner of the screen.
- With these objects grouped, select the Blackwork Run icon and press Enter. The cleaned-up version of the design is visible in Color Film. Notice that the number of jump stitches is greatly reduced.



Save the design.

## Add the Lettering

Right click on the Lettering icon to access the dialog box through Object Properties. Type Universal in the box, choose an alphabet, and set the height to about 17.8 mm and width to 100 mm. Click Apply.

Left click in the fourth horizontal grid line from the top to center this word at the left of the filled-in columns. Drag it so the horizontal grid line is running through the center of the word horizontally, then deselect it. The left edges will be aligned later.

In the still-open Object Properties dialog box, repeat this process for each of the following:

- Embroidery
- Microtex
- Metallic
- Quilting
- Ballpoint
- Stretch
- Topstitch

When all the words have been placed on the horizontal lines, click OK.

Click on the Show Individual Objects icon in Color Film. While holding down the Shift key, left click on the first word and scroll down to the last word; they should all turn blue.

Click on the Align Left to line up the left edges of the words. Move the whole group, centering the word "Embroidery." Press ESC.

Save the design.

## Create the Numbers

Use the same process to create the numbers as used for the words, using the same alphabet and dimensions: 70, 75, 80, 90, 100, and 110. Place the numbers in the top row of the first six columns (left the far right column blank).

## Make the Candlewicking Stitches

Candlewicking knots in three sizes help keep track of how much each needle has been used: lightly used, moderately used, well used.

Click on Outline and select the candlewicking border. Use the Open Object tool to draw a line from the left edge of the far left square under the number 70 to the right edge of that square. Left click to place; press enter. Select and drag the line to center, and then refine using the arrows to center it in the square.

Right click and drag a clone of the line to each of the next two squares. (When you release the mouse the clone will be placed; there is no need to left click.)

Press ESC.

Left click and drag a box around the group of three candlewicking stitches. Click on the Group icon.

Right click and drag to create five clones; center these in each column below the numbers so there is a candlewicking stitch in each square except the last one. Deselect.

Left click and drag a box around the whole group of candlewicking stitches. Click on the Group icon. Deselect.

Save the design.

### Insert an Ornamental Design

Select File > Insert Design. Open the ornamental design of your choice or the free **small flowers.ART** design available at [www.ThroughTheNeedle.com](http://www.ThroughTheNeedle.com).

While the design is selected, center it at the top of the text. Press ESC.

Select a color for your design from the Color Bar.

Save the design.

### Complete the Embroidery Design

Click on the first square in Color Film. Scroll down to the last object; while holding the Shift key down, click on the last object. All the objects should turn blue. Alternatively, press Ctrl + A to select all of the objects. Click the Group icon.

At the top of Color Film, click on Show Individual Objects. This will show the combined objects in one color group and show a continuous stitch-out.

Right click on the Hoop icon; select Jumbo Hoop #26. Select the entire design.

Click on the Rotate Hoop icon two times to turn the design to fit within the Jumbo Hoop.

Save the design.

### Assemble the Needle Minder

Cut pieces of the quilting fabric and batting large enough to hoop in the Jumbo Hoop. Lightly spray the fabric with 505 temporary adhesive and adhere it to the batting. Repeat to adhere the PolyMesh to the stabilizer, making a stabilizer/batting/fabric sandwich. Hoop securely.

Stitch the design. There is no need to select the Basting Stitch function because of the rectangle of securing stitches.

When the stitching is complete, remove the fabric from the hoop. Trim, leaving ¼" beyond all edges of the rectangle.

Cut a piece of contrasting fabric and a piece of fusible web the same size as your stitched-and-trimmed piece. Adhere the sticky side of the fusible web to the wrong side of the contrasting fabric. Peel off the paper backing and adhere the sticky fabric to the embroidered piece.

Cut a 2"-wide bias strip for the binding; fold in half lengthwise, wrong sides together, and press. Stitch the binding to the outside of the project, ¼" from the edge. Fold it over to the inside and align the edge with the stitching. Hand-stitch in place.

Fold the needle minder into three sections. Stitch corresponding parts of a snap closure to the outer edges of the needle minder, one on the inside and one on the outside. Make sure that the two halves meet when the minder is closed.

Add a small decorative item such as a decorative button to the outside of the needle minder.



Sharon Clark has a Piano Performance and Education degree, and teaches students who range from the very young to piano teachers. She has had a passion for sewing for forty years. Thanks to her talented software teacher, Suzanne Brown (left), the never-ending support from Mary Collen (right), and her wonderful dealer, Sewing Machine Service in Renton, WA, she is now addicted to her BERNINA 830 LE and all things software. One of her favorite things to do is sew with her very special sewing friends. Visit her website at [SharonInStitches.com](http://www.sharoninstitches.com).

<http://www.sharoninstitches.com>

# Someday... Hawaii



by MARY BECK

*Finished blocks: 8" x 8"    Finished quilt: 47" x 47"*

*If you love the look of Hawaiian appliqué, but have avoided it because you just can't imagine cutting all those intricate pieces, this is the quilt for you! Mary Beck (The Sewing Room, Tucson, AZ) cut and stitched the intricate appliqué for her quilt using the BERNINA CutWork Accessory and Software. Are you wondering how this quilt got its name? Mary's wonderful husband of 25 years told her that he would take her to Hawaii...someday!*

I have a confession to make. I never intended to do machine embroidery. Ever. Then I purchased my first BERNINA, the aurora 440QEE, and I haven't looked back since. When the CutWork Accessory and Software was introduced, I just knew this was a tool I was going to love.

Timeless Treasure's "Tonga Treat Packs" (10" squares) are perfect for the Hawaiian blocks that come with the CutWork Software (in SP2). Because I could not find a quilt pattern that suited me, I turned to the Quilter program in BERNINA Embroidery Software 6 and drafted a basic layout for my quilt.

I started with two Tonga Treat Packs: Sugar Plum for the appliqués, block frames, and inner border, and Meringue for the appliqué backgrounds and set-in triangles. I purchased fabric yardage for the two outer borders and binding, and used leftover squares to piece the back.



Darlene Zimmerman's "Easy Scallop Tool" made creating the wavy border a breeze. It is said that "necessity is the mother of invention." In this case, the set-in triangles cut from the 10" squares did not quite fit, so I created a unique border by adding leftover strips.

This design fits in the Deco 340 Hoop B (140 x 200) and the Large Oval Hoop #26 (255 x 145). When cutting designs with a machine other than a Deco I prefer Echo-Quilting and CutWork Foot #44, as the wide base of this foot minimizes the chance of the foot catching under the cut edges of the fabric. However, this might make the design too large for the Large Oval Hoop; in this case, either reduce the size of the design slightly or **very carefully** use Teardrop Embroidery Foot #26 instead. If you have a BERNINA 830, use the Jumbo Hoop and cut multiple sets of shapes.

### Create the Appliqué Files

*Note: The shapes will be edited, and any changes made to the appliqués will be reflected in the cutwork as well.*

In the Cutwork Software choose *File > Open*. Select **Quilt1** from the cutwork-ready files and click Open.

Select the design once it is open in the work area.

While the design is selected, check the box next to *Proportional* and change the size of the design to 125 mm (5").

Choose *File > Save As* and save as **block1\_app**.

In *Object Properties* click on the *Fill* tab (bucket icon). Choose *Appliqué*. Place a check in *Cleaning* and choose *Laser Cut*.

Click on the *Outline* tab (pencil icon) and select *Running*. Scroll down and select **ZigZag08**, which is the first stitch after #180. Choose a dark color so that it stands out on the appliqué for editing. De-select the design and examine the stitching; you will notice that it is "wonky" in some spots. Editing, deleting and adding nodes will correct this.

Select the design and then select *Edit Nodes* from the side tool bar. Note that square nodes are "cusp" and indicate a corner or change of direction. Round nodes are "smooth" and indicate a curve. In some places they will be on top of each other. Left Click on a node to select it and then Right Click to open a new dialog box. You will then have options that include changing the type of node, adding a node, and deleting a node. You can also edit the angles of the curves by moving the arrows attached to a selected node. By pressing and holding the *Shift* key you can select and edit multiple nodes. Be sure to *Save* periodically as you edit.

When you are finished, deselect the design and review how the stitches look. When you are ready to cut and stitch your design, it is a good idea to do a test stitchout. A wise friend once told me that there are those who test their designs...and those who wish they did!

Repeat these steps for three more Hawaiian blocks, for a total of four shapes. I used these designs in the featured quilt: **Quilt1** (4 blocks), **Quilt2** (4 blocks), **Quilt4** (1 block), and **Quilt5** (4 blocks).

### Create the Cutwork Files

Open **block1\_app**. Open *Object Properties*, click on the *Fill* tab, and select *None*. Select *Cutwork* in the *Object Properties* box. Select *Running Before* and enter 1.0. Change *Number of Passes* to 3.

Select the *Create Rectangle* tool. Draw a square around the appliqué, approximately 138 mm on each side. (Be sure that it is within the stitching boundaries of your hoop.) While the square is selected, choose *Duplicate* and select a new color for the second square. In the *Sequence Manager*, click and drag the squares to form Position 2 to Position 1.

Select *Object Properties*, place a check mark in *Stitch Length*, and change it to 5.0. You have now created a placement line and tack-down line for a 6" square of fabric.

Choose *Edit > Select All*. Select *Manage Hoop Options*. Place a check next to *Center Design to Hoop* and then click *OK*.

Choose *File > Save As* and save as **block1\_cut**.

After saving the file, export it to your BERNINA machine of choice.

Repeat these steps to complete the other blocks.

### Cut the Appliqué Blocks

Spray four colored squares with Mary Ellen's Best Press. Spray one side, press, and flip the fabric. Repeat this two more times for a nicely starched square.



Cut 6" squares from each of four different fabrics. Cut four 5½" squares of OESD Fuse & Fix Stabilizer and fuse one to the center back of each 6" square.

Insert the Cutwork Plate into your machine. *Note: The Bernette Deco 340 does not require a separate throat plate.*

Hoop a layer of OESD HydroStick Stabilizer (do not moisten it!) and stitch the placement line. Stack and place the four 6" squares in the hoop over the placement line and stitch the tack down line.

*Tip: 505 Temporary Adhesive Spray is helpful for holding the fabric pieces together. (Do not spray near your machine!)*

Stitch the Running Before line.



Remove the sewing needle from the machine. Insert the CutWork blade and finish the design, working through all four blade positions.



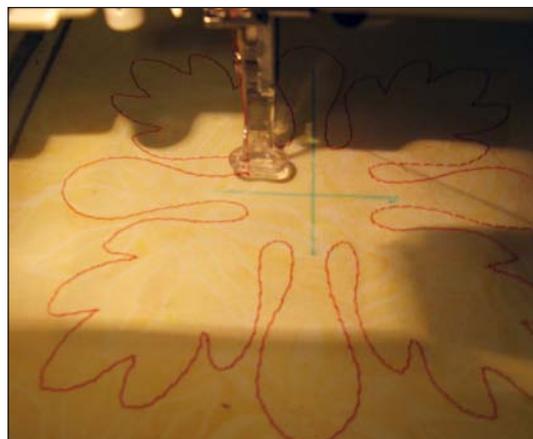
*Tip: When cutting just one layer of fabric, I like to give the blade more material to cut. After stitching the Running Before line, I remove the hoop from the machine and tape a piece of cardstock to the back of the hoop. This is a good time to recycle those advertising postcards you get in the mail! Then I reattach the hoop and continue cutting. (This tip came from the Yahoo CutWork Group.)*



## Stitch the Appliqué

Press and lightly starch one of the 10" background squares. Cut a piece of Fusible PolyMesh Cut-Away Stabilizer larger than your hoop. Fuse the background square to the center of the PolyMesh. Mark the center of the square, and then hoop the fabric and stabilizer.

Thread the machine with thread in a color to match the appliqué. Stitch the placement line.



After the placement line is stitched, carefully remove the paper backing from the corresponding appliqué shape and place it in the hoop. It may help to peel one section first and stick it down, then gradually peel and smooth the rest of the fabric piece into place. Handle the appliqué shapes carefully to prevent distortion.



Finish stitching the design; remove the hoop from the machine and the fabric from the hoop. Press the block and trim it to the desired square size. It is not necessary to remove the stabilizer.



Cut and appliqué the rest of your blocks to add a touch of Hawaii to your home!

### Mary Beck

I am a Registered Nurse by training, but a wife and mom of three by profession. I dabbled in sewing as a teenager, but didn't really embrace it until I was married. Life with kids sometimes takes over, but now that they are moving on to college I can spend more time in my "Sewing Cave," as my youngest calls it. Fellow residents of the "cave" are a BERNINA 830LE, bernette Deco 340, and BERNINA 1300MDC serger. I work part-time at the Sewing Room in Tucson, AZ — although it is hard to call it "work" when you get to do something you love!





by NINA McVEIGH

# Peaches & Cream Table Runner

## Supplies

- 1 ¼ yards of silk dupioni for the top, back, and binding
- ¼ yard each of silk dupioni in 3-5 colors for the circles
- ½ yard needle-punched fleece
- 2 yards of 1"-wide ribbon
- 1 yard of ½"-wide ribbon
- 1 yard of ⅜"-wide lace
- OESD Fuse & Fix
- OESD MediumWeight Tear-Away stabilizer
- Spray starch
- Drawing compass with pencil
- Drawing paper
- Microtex needles, size #80/12
- Metafil needles, size #80/12
- Double needles, size #80/2.0
- OESD Isacord in desired colors
- YLI Fine Metallic Thread
- YLI Painters Threads (for optional bobbin play)
- Superior Threads Razzle Dazzle (for optional bobbin play)
- Buttonhole gimp
- Water-soluble fabric marker
- Corded Pintuck Attachment
- Reverse Pattern Foot #1/1C/1D
- Edgestitch Foot #10/10C/10D
- Open Embroidery Foot #20/20C/20D
- Patchwork Foot #37/37D
- Pintuck and Decorative Stitch Foot #46
- Walking Foot #50
- Leather Roller Foot #55
- Circular Embroidery Attachment #83

*The curves of the circles complement the straight line of the pintucks on this luscious runner. Both circles and pintucks are enhanced with decorative stitches.*

## Cut the Fabric

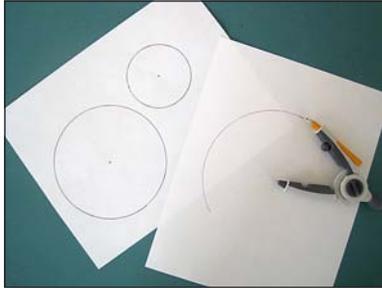
Cut the following from the silk dupioni:

- One 16" x 20" rectangle for the center of the runner
- One 18" x 16" rectangle for the end bands
- Three 2½" x 45" (or the width of the fabric) strips for the binding
- One 17" x 36" rectangle for the backing

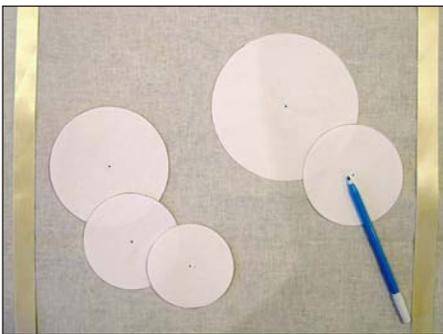
Cut one 17" x 36" rectangle of batting.

## Create the Circle Appliqués

Using the compass, draw several circles of different sizes on the paper. Cut out the paper circles and make a hole in the center of each one by poking the sharp end of the compass through the paper.



Heavily starch the fabric for the runner center. Arrange the circles on the fabric to determine placement. Mark the center of each circle with a water-soluble marker.



Cut the circles fabrics into pieces large enough to accommodate the circle patterns. Following the instructions on the package, fuse the Fuse & Fix to the back of the circle

fabrics. Use the paper circles as a guide for marking the center of each fabric piece.

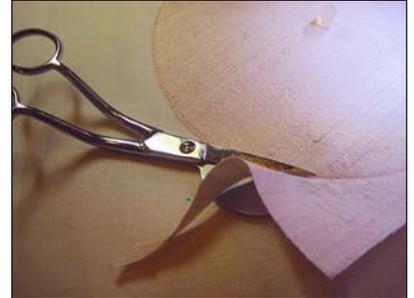
Attach Open Embroidery Foot #20D to the machine and engage the BERNINA Dual Feed. Select a straight stitch. Install Circular Embroidery Attachment #83. Note that the pivot pin of the attachment slides back and forth to create circles of various sizes.

Place a paper circle on the pivot pin, and then slide the pin so that the edge of the circle is aligned with the sewing machine needle.



Place a piece of tear-away stabilizer under the paper circle, making sure it is larger than the circle to be stitched. Remove the paper backing from the appliqué fabric and place the marked center over the pivot pin. Stick the circle fabric in position on the runner. Place the rubber cap on the pivot pin. Stitch; the fabric will automatically turn in a circle.

When the circle is complete, carefully remove the circle from the machine and use appliqué scissors to cut away the excess appliqué fabric closed to the stitched line.



Place the fabric back on the pivot pin, making sure the pin goes back through the original center hole. Select a decorative stitch to sew around the outer edge of the circle. Move the pivot pin one step away from the needle. Sew, making sure the left swing of the needle just touches the outside edge of the circle.

Slide the pin back to the original position, select a stitch to cover the raw edge, and sew.

Slide the pin toward the needle a few positions, select a decorative stitch, and sew.



Continue to select decorative stitches and move the pin position to create circles of stitches.

Repeat the positioning process for the second circle, which will overlap the first circle. Sew the first line of straight

stitch around the outer edge of the circle and trim away the excess fabric.

Cut a piece of appliqué fabric large enough to cover the overlapped area. Fuse a piece of Fuse & Fix to the back of this piece, and then adhere it to the runner where the circles overlap. Stitch the outer straight stitch circle of each of the overlapping circles.



Trim away the excess fabric from around the overlapped section. Select the stitch used to cover the edge of the first circle, and use it to stitch the arc of the overlap corresponding to the first circle.



Stitch around the second circle using a decorative edging, a cover stitch to enclose the raw edge, and additional decorative stitches to enhance the interior of the circle.

Stitch the remaining circle appliques in the same manner, trimming as necessary and using a variety of decorative stitches and threads. For this runner only two colors were used, but this runner is a perfect place to play with decorative and metallic threads. It is also a perfect place for bobbin play!



Set the appliquéd center of the runner aside.

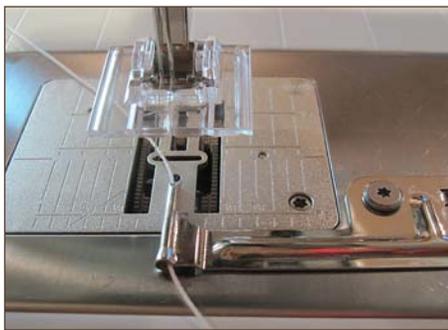
### Embellish the End Bands

Lightly spray starch the fabric for the end bands.

Mark a line down the center of the 16" length with a water-soluble marker.

Set up the machine with a Double needle and thread both eyes. Install the cording attachment and thread it with buttonhole gimp. Attach Pintuck and Decorative Stitch Foot #46 to the machine. Select a straight stitch. Stitch along the marked line, making a corded pintuck.

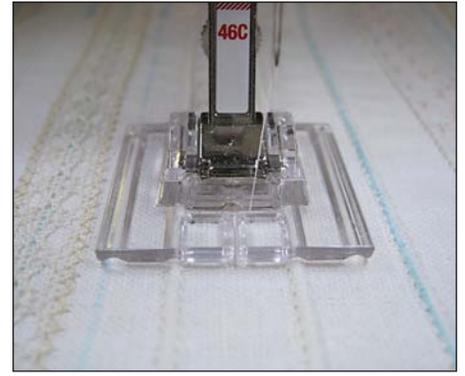
Successive pintucks are made by guiding one of the outer grooves in the sole of the



foot along a previously stitched pintuck. Sew a total of five pintucks: The center pintuck already stitched, and two on each side of the center pintuck.

Mark a line 1¼" from the last pintuck on each side. Stitch a single pintuck along each marked line.

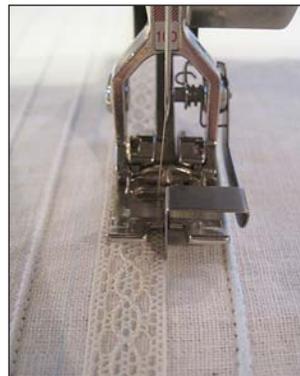
Mark a line 2" out from the outer pintucks; stitch a single pintuck along each marked line.



Guiding the grooves of the foot along previously stitched pintucks, as before, sew a total of four pintucks.

Sew decorative stitches between the stitched pintucks by placing the tucks in the middle grooves of the foot as shown in the photo.

Center the lace between the 1¼"-apart pintucks. Attach Edgestitch Foot #10D to the machine and engage the BERNINA Dual Feed. Place the guide along the edge of the lace and move the needle position to the left 1-2 steps. Select a narrow zigzag stitch (SL = 2; SW = 1.5) and zigzag over the lace header.



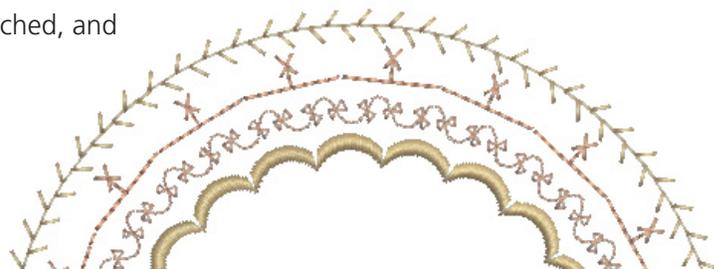
Repeat for the other side of the lace, starting at the same end, and moving the needle to the right 1-2 steps.

Center the ribbon between the 2"-apart pintucks, securing it in place with a light misting of temporary adhesive spray. Edgestitch in place in the same manner as the lace.

Attach Open Embroidery Foot #20D and engage the BERNINA Dual Feed. Sew a decorative stitch along the sides of the ribbon, and then sew a stitch off the edge of the ribbon.

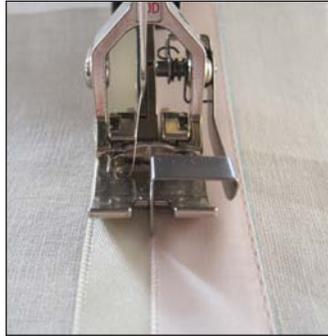
When the band fabric is complete, mist it lightly with water. Place the damp piece face down on a towel and press dry.

Cut the stitched fabric into two 6½"-wide pieces. Don't worry about trimming the width, as it will be trimmed with the entire runner later.



## Complete the Table Runner

Mark a line 1" from the end of the center piece of the runner. Mark another line 1" from the first line. Place one side of the narrow ribbon to the inside of the first line; edgestitch in place.



Slip the wide ribbon under the loose edges of the narrow ribbon and edgestitch both ribbons.



Attach Open Embroidery Foot #20D to the machine and engage the BERNINA Dual Feed. Sew decorative stitches on the two ribbons.

Repeat for the other end of the center circle piece.

Seam the end bands to the center circle piece, matching centers.

Layer the fleece between the backing and the runner top. Bond the layers with a light misting of 505 Temporary Spray Adhesive.

Attach Leather Roller Foot #55 to the machine. (If using an 8 Series machine, use Presser Foot Recognition to ensure that the needle threader doesn't hit the foot.) Move the needle as far left as possible. Stitch a partial arc around one of the circles, beginning at an outside edge of the runner and stitching into a circle, and keeping the back of the textured part of the wheel on the decorative stitching around the circle. Pivot and stitch back out to the edge.



Continue in this manner, echo-quilting lines until the area is filled with stitching.

Choose another area to echo quilt and continue until the entire piece is quilted.



Continue quilting the runner, using Edgestitch Foot #10D and a center needle position to stitch-in-the-ditch of the seams and along the ribbon edges.

Trim the runner to 15" wide and about 32" long.

Seam the binding pieces together at a 45° angle; press seam allowances open. Fold binding in half lengthwise and press.

Seam the binding to the right side of the runner, raw edges together. Fold toward the back and press. Using a narrow piece of fusible web, fuse the binding in place with the folded edge just over the seam line.



From the front of the runner, secure the binding in place with a decorative stitch.

*Try this brown and bright color combination for another striking look!*





# The Last Word

A sneak peek at what's coming in *Through the Needle ONLINE*, Issue #10:

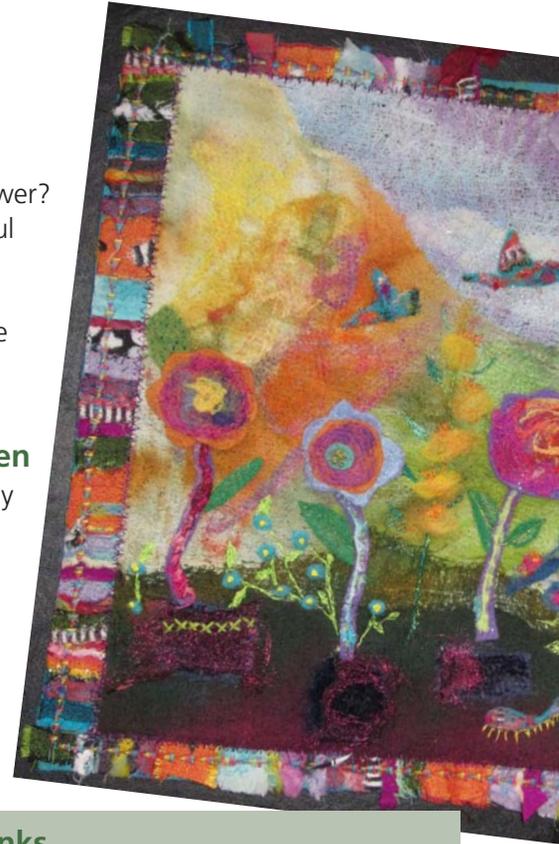


## Quilting with Decorative Threads

Do you have a collection of beautiful, decorative threads that are hiding in a drawer? Many of us buy them but are not successful using them. Most of the frustration can be eliminated by using the right needle. Kerry Finn shares creative ideas for utilizing those threads and practicing your free-motion quilting skills.

### Allison's Needle-Punched Garden

Allison Stillwell is your guide as you play with a variety of fibers and textures to create your own unique garden of colorful flowers.



## December 2011 Special

### 25% OFF

### Clearly see the road ahead!

Designed for satin stitching of all types, this foot has the benefit of being clear so the entire stitching area is visible. Strategic markings on the foot help you achieve perfect alignment.

For December 2011 only, get 25% OFF the BERNINA Clear Embroidery Foot #39

Offer good December 2011 at participating BERNINA dealers in the United States. Coupon may not be combined with any other offer.



Clear Embroidery Foot #39

## January 2012 Special

### 25% OFF

### Perfectly Spaced Pintucks

Keep your rows of pintucks even, create corded pintucks, apply mini piping or elastic gathering, and much more with our wide variety of pintuck presser feet.

For January 2012 only, get 25% OFF all Pintuck Presser Feet: #30, 31, 32, 33, and 46

Offer good January 2012 at participating BERNINA Dealers in the United States. Coupon may not be combined with any other offer.



ALL Pintuck Presser Feet

## Quick Links

These are the main links featured in this issue; see the articles for links to specific products, projects, and technique information. Please visit our sponsors and contributors for more inspiration, information, and stitching fun!

- [www.throughtheneedle.com](http://www.throughtheneedle.com)
- [www.berninaUSA.com](http://www.berninaUSA.com)
- [www.WeAllSew.com](http://www.WeAllSew.com)
- [www.benartex.com](http://www.benartex.com)
- [www.embroideryonline.com](http://www.embroideryonline.com)
- [www.bernina8series.com/EN/](http://www.bernina8series.com/EN/)
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- [www.sewingroomtucson.com](http://www.sewingroomtucson.com)
- [www.SharonInStitches.com](http://www.SharonInStitches.com)

## Until February ...

As always, we hope this issue of *Through the Needle ONLINE* has inspired you to learn something new and make your own adaptations of our projects. We love seeing your creations; send e-mail and photos to [jo@berninausa.com](mailto:jo@berninausa.com).