

Stitch Recipe

The stitch numbers referenced in this article are listed below with the appropriate current model of BERNINA® machines. If using another model, look for the same or similar stitch patterns on your machine.

Basic Blossoms



artista machines – Stitch 129 [Preprogrammed on 200, CPS* for other **artista** machines]

virtuosa machines (150, 153, 155, 160) Found in CPS*

aurora 440 – Stitch 83

Diamond Stars



artista machines – Stitch 639 [Preprogrammed on 200, CPS* for other **artista** machines]

virtuosa machines (150, 153, 155, 160) Found in CPS*

aurora 440 – Stitch 138, **aurora** 430 – Stitch 109

A Button Garden



artista machines – Stitch 122 [Preprogrammed on 200, CPS* for other **artista** machines]

virtuosa machines (150, 153, 155, 160) Found in CPS*

aurora 440 – Stitch 79, **aurora** 430 – Stitch 39

activa 240 – Stitch 34, **activa** 230 PE – Stitch 37



artista machines – Stitch 427 [Preprogrammed on 200, CPS* for other **artista** machines]

virtuosa machines (150, 153, 155, 160) Found in CPS*

aurora 440 – Stitch 113, **aurora** 430 – Stitch 87

activa 240 – Stitch 63, **activa** 230 PE – Stitch 53



artista machines – Stitch 633 [Preprogrammed on 200, CPS* for other **artista** machines]

virtuosa machines (150, 153, 155, 160) Found in CPS*

aurora 440 – Stitch 135, **aurora** 430 – Stitch 106



artista machines – Stitch 732 [Preprogrammed on 200, CPS* for other **artista** machines]

virtuosa machines (150, 153, 155, 160) Found in CPS*

aurora 440 – Stitch 171, **aurora** 430 – Stitch 141

activa 240 – Stitch 93

*CPS = Customized Pattern Selection and refers to software that allows the user to exchange the preprogrammed stitches of the machine with additional choices.

Bouquet Of Buttons

BY JILL DANKLEFSEN



Create fun stitch combinations, then accent the stitching with additional “findings” such as beads and/or buttons. Button “findings” come in many different styles and types; the recipes shown here include buttons from Just Another Button Company.

Use Button Sew-on Foot #18 to attach the buttons. *Note: These buttons do not have traditional spacing between the holes, so test the stitch width using the handwheel, then adjust the width as needed.*



For more information on the buttons shown in this article, go to www.justanotherbuttoncompany.com

Basic Blossoms

Floral buttons and a simple leaf stitch make a beautiful row of basic blossoms.

Supplies:

- Green embroidery thread
- OESD lightweight tear-away stabilizer
- "Blossom" buttons
- Coordinating thread to attach buttons
- Open Embroidery Foot #20/20C
- Button Sew-On Foot #18

Instructions:

1. Select a stitch such as the floral/leaf pattern shown here.
2. Using Open Embroidery Foot #20/20C, stitch a row of continuous pattern as desired.
3. After stitching is complete, attach buttons in appropriate places to complete the design using coordinating thread and Button Sew-On Foot #18.



Diamond Stars

Create simple frame shapes to showcase a row of colorful buttons. The recipe shown here has two rows of stitching that form a line of linked diamonds.

Supplies:

- Embroidery thread
- OESD lightweight tear-away stabilizer
- "Star" buttons
- Coordinating thread to attach buttons
- Clear Foot #34/34C
- Button Sew-On Foot #18

Instructions:

1. Engage Needle Stop down; attach Clear Foot #34/34C.
2. Sew one row of stitching; engage the Single Pattern or Pattern End function to perfectly finish the first row of stitching.
3. The needle is already in the fabric so simply pivot 180° and sew back to the beginning point, forming a row of diamonds.
4. Position and attach buttons as shown.



A Button Garden

Use floral buttons to complete this interesting two-color recipe composed of eight rows of stitching and couched decorative thread accents.

Supplies:

- Two colors of embroidery thread. Use heavier weight threads (at least 30 weight) such as Mettler Mercerized Embroidery thread 30/2 OR Oliver Twist Cotton threads. The Oliver Twist threads are especially nice as they are variegated threads in a variety of beautiful colorations.
- OESD lightweight tear-away stabilizer
- "Flower" buttons
- Coordinating thread to attach buttons
- Clear Foot #34/34C or Open Embroidery Foot #20/20C
- Clear Embroidery Foot #39
- Button Sew-On Foot #18
- Narrow decorative cord
- Monofilament thread



A Button Garden *cont.*



1. Select and sew stitches as shown in the order indicated; use either Clear Foot #34/34C (for outline stitch patterns) or Open Embroidery Foot #20/20C (for satin stitch motifs).
2. Sew the first row as indicated, sewing down the fabric to the length desired.
3. Engage the Single Pattern or Pattern End to perfectly finish first row of stitching.
4. Pivot 180°, aligning the presser foot next to the first row of stitching to create the leaf center.
5. Frame the leaves with additional rows of stitching as shown.
6. Add couched decorative thread/cord between rows 3/5 and 6/4 for additional detail. Use Clear Embroidery Foot #39, threading the decorative thread/cord through the hole in the front of the foot. Stitch over the thread/cord using monofilament thread and a narrow zigzag stitch.
7. Position and attach buttons as shown.

Stitch Recipe: Beaded Garden Flowers

BY JILL DANKLEFSEN

Created on the aurora Anniversary machine, this stitch recipe features the 9mm stitching capability of this machine as well as one of the new cross stitch patterns, Stitch #59. This machine is just perfect for decorative stitch combinations!

SUPPLIES

- Linen/cotton fabric
- Armo® Weft fusible interfacing
- OESD Lightweight Tear-Away stabilizer
- Clear Embroidery Foot #39/39C
- 80/12 Microtex Sharp needle
- 30 weight thread – rayon or cotton (rayon was used in the sample shown)
- Washout marking pen
- Elegance Beads collections in Yellow, Purple, and Rose colorations
- On the Surface – Little Charmers Fancy Beads
- Hand sewing needle

Beaded Garden Flowers

PREPARING THE FABRIC

Fuse interfacing to the wrong side of fabric; place a layer of OESD Lightweight Tear-away stabilizer behind the fabric.

Mark fabric with a center stitching line and “start to stitch” line. The center line indicates where the first row of stitching will be and the horizontal line indicates the beginning of each row.

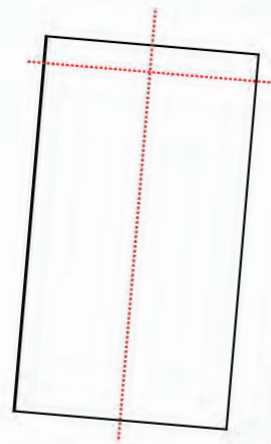
CREATING THE CENTER STITCH COMBINATION

1. On the **aurora** Anniversary Edition, access the memory by pressing the mem button.
 2. Access stitch #101 and press mem↵ to enter the stitch in memory.
 3. Access stitch #101 again and engage the Left/Right Mirror Image function; touch mem↵.
- Your combination is complete. (If you are using a different machine model, refer to your owner's manual for the proper Stitch combination/memory steps.)

STITCHING THE COMBINATION

Insert an 80/12 Microtex sharp needle and attach Clear Embroidery Foot #39/39C.

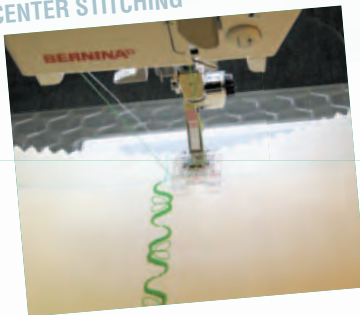
Stitch the combination, following the marked center line and beginning at the starting line.



Beaded Garden Flowers

FRAMING THE CENTER STITCHING

Select Stitch #59 and engage the Left/Right Mirror Image function. Align the edge of the presser foot with the right edge of the first stitch combination and move the Needle Position to the far right; stitch.



For the left edge of the stitch combination, disengage the Mirror Image function and move the Needle Position to the far left; stitch.

Select Stitch #115. Use the stitch as is or adjust as follows: Stitch Width = 6.0mm, Stitch Length = 3.40mm, and move the Needle Position to where it is easiest for you to sew. Sew next to the previous rows of stitching as shown. Select Stitch #65. Mirror image and adjust Needle Position as needed. Stitch next to the previous rows of stitching.

ADDING FINISHING TOUCHES

Remove remaining tear-away stabilizer.

The memory combination at the center of the stitch recipe reminded me of flower leaves, so I applied flower beads from Elegance Beads. Hand stitch in place and watch your stitch garden bloom!

The following stitches from the **aurora** Anniversary Edition machine are used in this stitch recipe.



To find similar or alternate stitches for your machine model, refer to the Stitch Conversion Chart found on the BERNINA website. (www.berninausa.com > Sewing Studio > Basic Training > Stitch Conversion Chart).

Added Elements

BY JILL DANKLEFSEN

Add sensory details to fabric for baby with pintucks and decorative stitching. Baby Genius fabrics from Benartex are fun, colorful prints that are wonderful the way they are. But, you can make them even more fun and more interesting to Baby's touch and sight by adding a few creative stitching techniques!

Raised Lines

- Attach Pintuck Foot #31 (5-groove) and a 2.5 double needle.
- Engage Double Needle Limitation function or Security Program, if available.
- Select Straight Stitch.
- Stitch along the vertical lines between the rows as shown; repeat the process, stitching along the horizontal lines next.

Note: For more definition in the pintucks, cord them by feeding a narrow cord up through the hole in the stitch plate in front of the needle opening. Pull the cord out to the back (under the foot) and it will be incorporated into the tucks as they are stitched.

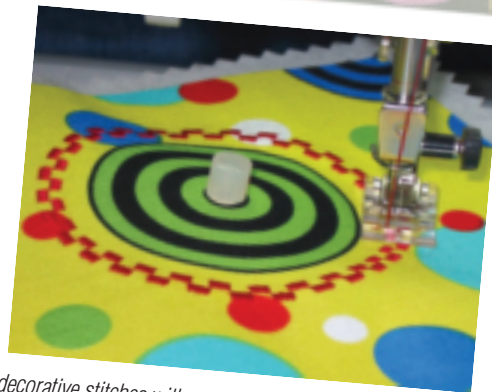


Sewing Circles

PREPARATION TIPS

- Prepare squares of fabric larger than the desired finished size as the stitching techniques may shrink the size of the fabric. When the techniques are complete, true the square and trim to the final size. For these techniques, cut the squares 8" and trim to 6" after stitching.
- Choose fun, bold 30 wt. thread colors. Mettler Cotton Embroidery thread (30/2) was used in the sample.

- Attach Circular Embroidery Attachment #83 to the machine according to instructions included with it.
- Attach Clear Embroidery Foot #39 and insert an 80/12 needle.
- Stabilize the fabric square with OESD Heavy Tear-Away.
- Place the stabilized fabric square on the Circular Embroidery attachment as shown, positioning the center of the desired circle on the pin of the attachment; replace rubber guard on pin. *Tip: If the Circular Embroidery Attachment is set at an "odd-numbered" notch ("0" is the center of the circle), your decorative stitches will match as you complete the circle!*
- Sew a circle of decorative stitches.
- Adjust the attachment as desired and sew a second circle, changing thread color first, if desired. When stitching is complete, remove the stabilizer and press.



See more
Baby Genius Stitch
Recipes at
www.berninausa.com >
Sewing Studio >
Stitch Recipes >
Whimsical Stitches 1

Stitch Recipe: Elegant Tradition

BY JILL DANKLEFSEN

The tradition of the Entredeux stitch is an important part of the BERNINA® heritage as the founder of the company, Karl Friedrich Gegauf, invented the first Hemstitching machine in 1893. Combine simple piecing, appliqué and a wing needle with the Entredeux stitch to create a recipe that can be applied to many projects including home decorating projects, garments, craft items, and quilts.

ELEGANT TRADITION

DIRECTIONS

1. Cut strips as shown in the diagram (cut width is indicated, length will be as desired).
2. Sew strips together using an 80/12 Microtex, Patchwork Foot #37 and ¼" seams.
3. Place strip section on top of "background" fabric (linen used in the sample). Pin or secure in place using temporary spray adhesive.
4. Stitch in place along the seams and outer edges using a Blanket stitch and Open Embroidery Foot #20/20C. Move the needle position to far right and place the inside edge of the right toe of the foot along the seam. The blanket stitching will be in the perfect place!






5. Frame the piecework with decorative stitches using the width of the presser foot for spacing.
 - a. Attach Clear Embroidery Foot #39/39C.
 - b. Select a decorative stitch as shown or as desired.

SUPPLIES

- Background fabric (at least 8" wide) as desired (natural linen was used for sample). *Note: When working with a Wing needle, select a natural fiber fabric for best results.*
- Fabric strips – "In the Manor" collection by Kaye England for Benartex
- OESD Light Weight Tear-Away stabilizer
- Mettler Poly Sheen Multi – Color #9934
- Mettler 50/3 Silk Finish cotton thread for piecing and blanket stitching
- Patchwork Foot #37
- Open Embroidery Foot #20/20C
- Clear Embroidery Foot #39/39C
- 80/12 Microtex needle
- 100/16 Wing needle

- c. Place stabilizer underneath the stitching area to support the decorative stitch.
- d. Insert the 100/16 Wing needle; thread machine with Mettler Poly Sheen Multi.
- e. Select the Entredeux stitch.
- f. Depending on the fabric, you may need stabilizer underneath the Entredeux stitch; stitch samples to determine if your fabric looks better sewn using stabilizer.

STITCH

Machine/Model	Blanket Stitch	Decorative Stitch	Entredeux stitch
ALL artista models	#329 	#403 	#701 
aurora 440QE	#45	#91	#147
aurora 430	#50	#68	#118
activa 240	#41	#50	#76
activa 230PE	#25	#43	#59
activa 220	#28	#30	#41

Note: For a complete listing of stitch numbers for all current BERNINA® models, go to www.berninausa.com > sewing studio > basic training

For a project made with a variation of this Stitch Recipe, see the Serpentine Table Runner on page 34.

Stunning Stripes

BY JILL DANKLEFSEN

This stitch recipe makes use of the print in the fabric – in this case, stripes. Stabilize the fabric and sew rows of stitches to take the stripes from simple to stunning. What could be easier?






STUNNING STRIPES

STABILIZATION TIPS

- Spray Starch is a great place to start.
- If this does not add enough support for the stitching, add a layer of OESD Lightweight tear-away stabilizer.
- Presser Foot – Clear Foot #34/34C
- Needle – 80/12 sharp
- Thread – Assorted Isacord embroidery threads to complement the striped fabric

Select your favorite decorative stitches and sew along the vertical stripes, spacing the rows as desired.

The chart below shows the stitches used in the sample.

STITCH	MACHINE MODEL	STITCH
 Triple Straight Stitch	All current models	Stitch 6
	Model 1008	Stitch 9
 Nature stitch	<i>activa</i> 220	Stitch 23
	<i>activa</i> 230PE	Stitch 39
	<i>activa</i> 240	Stitch 36
	<i>aurora</i> 430	Stitch 41
	<i>aurora</i> 440QE	Stitch 84
	<i>artista</i> models	Stitch 130
 Blanket Stitch	<i>activa</i> 220	Stitch 28
	<i>activa</i> 230PE	Stitch 25
	<i>activa</i> 240	Stitch 41
	<i>aurora</i> 430	Stitch 50
	<i>aurora</i> 440QE	Stitch 45
	<i>artista</i> models	Stitch 329
 Entredeux Stitch	<i>activa</i> 220	Stitch 41
	<i>activa</i> 230PE	Stitch 59
	<i>activa</i> 240	Stitch 76
	<i>aurora</i> 430	Stitch 118
	<i>aurora</i> 440QE	Stitch 147
	<i>artista</i> models	Stitch 701
 Heirloom stitch	<i>activa</i> 220	Stitch 49
	<i>activa</i> 230PE	Stitch 69
	<i>activa</i> 240	Stitch 98
	<i>aurora</i> 430	Stitch 148
	<i>aurora</i> 440QE	Stitch 178
	<i>artista</i> models	Stitch 748

The striped fabric is a coordinate of the Kaye's Cottage Collection; mix the stitched fabric with other coordinates for great piecing partners.

Painted Stitches

BY JILL DANKLEFSEN

Create simple stitch recipes by combining decorative stitches from your BERNINA® machine with fabric markers for rich, colorful embellishments. Reminiscent of coloring books and crayons, it's so easy, anyone can do it! The recipes shown here were designed to coordinate with the Spice Market fabric collection from Benartex. The first one, Shaded Florals uses a directional motif found on BERNINA® sewing machines with directional capabilities (*artista* 730, 200, 185, 180, and 1630 Inspiration). The second recipe, Fall Flowers, can be stitched with other BERNINA® models – and these are only the beginning!



Coloring Tips for Shaded Florals (see page 52)

- Use a combination of colors from the Bright and Pastel palettes - - -
 - Brights - #156-Brick; #165-Pine; #154-Chocolate
 - Pastels - #160-Celadon (green); #132-Apricot; #131-Maize; #157-Ash Rose
- Large flower: Paint the light color near the center first, then add the dark color to fill the flower.
- Leaves: Paint the dark outline first, then add the lighter color in the center.
- Smaller flowers: Paint the petals, coloring some areas darker, blending into the rest of the petal.



COLOR YOUR WORLD!

Marie Osmond's Fabric Markers are easy to use, acid-free, and fade-resistant. They come in 2 different coloration packs – Pastels and Brights. The markers have 2 different tips – bullet tip and brush tip – to make detail work easy. Blend colors to give a painted look to your stitches!

General Marker Tips

- Work on a hard surface such as a table or counter.
- Fabric is easier to "paint" if it is backed with interfacing and/or stabilizer for added body.
- Use the brush tip for small areas and fine detail; lightly touch the tiny tip of the brush to the fabric.
- The bullet tip is firmer and good for drawing bolder lines and filling in larger areas.
- A single marker gives both light and dark variations of the same color – go over the same area several times to make it darker.
- Imagine how you want the flower or leaf to look and simply color that way – radiating lines, swirls, etc.
- Store pens horizontally to keep both pen tips well-inked.
- Keep pens capped when not in use to keep ink moist.



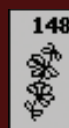


Coloring Tips for Fall Flowers (see below)

- Use a combination of colors from the Bright and Pastel palettes - - -
Brights - #156-Brick; #165-Pine
Pastels - #131-Maize
- Using the brush tip of the markers, fill in the flowers, alternating colors
- Using the brush tip of the markers, fill in the leaves

To see what can be created with these painted stitches. Go to www.berninausa.com for a Free Project using these recipes and Benartex's Spice Market collection.

Stitches used in these recipes: *artista* #148, #206, and #732. If your machine does not have these particular stitches, refer to the **Stitch Conversion Chart** located on the **BERNINA® website. Sewing Studio > Basic Training > Stitch Conversion Chart**



Fall Flowers

If using a machine without directional capability, here's another simple recipe that can be used with the Spice Market collection.



SUPPLIES

- Linen or linen blend fabric – off-white – one fat quarter
- Armo® Weft fusible interfacing
- OESD Lightweight Tear-away Stabilizer
- Isacord threads – black and matching green of your choice
- Microtex Sharp needle – 80/12
- Clear Foot #34/34C
- HRFIVE temporary Spray Adhesive
- Marking pen
- Ruler
- Marie Osmond Fabric Markers from OESD, both Pastel and Brights

Fall Flowers

INSTRUCTIONS

Machine Set-Up

- Attach Clear Foot #34/34C; select Stitch #148
- Insert Microtex needle; thread with black Isacord thread top and bobbin

Fabric Preparation

- Prepare a length of linen blend fabric by fusing Armo® Weft interfacing to the wrong side
- Add lightweight tear-away stabilizer to the back, adhering it with temporary spray adhesive

Adding Stitches

- Stitch a row of the floral stitch as long as desired
- Change to a coordinating green Isacord thread
- Frame the floral stitches with Stitch #732; position the scallops a presser foot width away – one row on each side (use the Mirror Image function for the second row so the scallops are facing)

Coloration

After the stitching is complete, bring the flowers to life using Marie Osmond's fabric markers. See page 50 for painting tips and techniques.



Shaded Floral

This distinctive floral design starts as a programmed outline motif, sewn using a BERNINA® sewing machine with directional capabilities (*artista* 180, 185, 200, 730). For a custom look, add shading and coloration with fabric markers!

Shaded Floral

INSTRUCTIONS

Machine Set-Up

Select Stitch 206; attach Sideways Motion Foot #40C
Insert Microtex needle; thread with black Isacord thread top and bobbin (use Gold Latch case for bobbin)

Practice Makes Perfect

Test the selected motif to make sure it stitches perfectly.
• Use a scrap of heavy muslin with stabilizer behind to do a test sew – approx. 6" square.
• Using a wash-away or fadeout marker, draw parallel guidelines on the fabric about every 2".
• Stitch motif, keeping presser foot parallel to lines at all times.
• Lay the plastic template on top of the completed design. If they do not match, consult your manual and make minor balance adjustments as needed. If adjusting the balance does not correct the problem, take the machine to a BERNINA® technician to check the mechanical balance, feed dog height, etc.; take the stitched motif to the technician for reference. *Please note: Most pattern distortion issues with newer models are a result of improper guiding so practice usually solves the problem. Watching the edge of the foot and NOT the needle while sewing will help develop your guiding skills.*



Shaded Floral cont.

Directional Sewing Tips

- Make sure your machine is setup properly: set Presser Foot Pressure at normal setting and reduce Motor to ¾ speed.
- Always use Sideways Motion Foot #40C.
- Machine should be recently cleaned and oiled.
- Draw visual guidelines on your fabric using a fabric marker.
- Don't watch the needle while you sew – watch the edge of the presser foot and always keep it parallel to the drawn guidelines.

The Real Deal

When you are pleased with the directional sewing result, you are ready to stitch on project fabric.

- To aid in the support of stitching, apply Armo® Weft fusible interfacing to the wrong side of the coordinating solid fabric pieces.
- For stitching, add an additional layer of OESD Lightweight tear-away stabilizer
- Cut pieces to about 5" square – this smaller size is easier to guide while stitching.
- Using a wash-away or fadeout marker, draw parallel guidelines on the fabric about every 2".
- Mark placement of the motif in the center of the fabric squares. Do this by using the template for Stitch #206. The template indicates the beginning and end of the motif. Mark the beginning of the motif. This is where the needle will begin the stitching.
- Stitch the motif



Tints and Shades

After the motif is stitched, add color and shading using Marie Osmond's fabric markers. See page 54 for painting tips and techniques.



SUPPLIES

- "Solid" fabrics from Spice Market collection – green and gold – one fat quarter each
Note: These two fabrics actually have a subtle print for added interest. This gives the illusion of texture but they "read" as solids, especially when used in a patchwork quilt.

- Armo® Weft fusible interfacing
- OESD Lightweight Tear-away Stabilizer
- Isacord threads – black
- Microtex Sharp needle – 80/12
- Sideways Motion Foot #40C
- Marking pen
- Ruler

- Marie Osmond Fabric Markers from OESD, both Pastel and Brights
- Gold Latch Bobbin Case for rotary hook models with directional capability (*artista* 180, 185, 200, 730)
- Clear templates (included with manual)

Sewing Up A RECIPE

BY JILL DANKLEFSEN

BERNINA® machines have so many wonderful stitches to create and decorate with! Many of the stitches are programmed into the machines, but there is also a software program available for those that can't seem to get enough stitches in their lives! Customized Pattern Selection (CPS) software allows you to exchange the stitches in your machine and have access to even more FUN and creativity! So, have you played with any stitches yet? Do you find it intimidating to try and experiment with them? If you do decide to be brave and play, how do you decide which ones to use where?

Well, not to worry! This article is about taking all of your questions and more importantly, your fears, away about using all of those wonderful decorative stitches you have.

NOTE: The stitch recipes in this article were designed using the BERNINA® **virtuosa** 155 "My Choice" machine. Most of the stitches are available on other models, but may have other numbers assigned to them.

Are you ready?

To begin, there are some basic Tips and Tools that will help out in your stitching endeavor.

STITCH BOOK

Consider setting aside some time to stitch out ALL of the stitches on your machine. (For some of you, this will be a long project, but you will never regret the time that you spent doing it!) You will be amazed at how cool they look sewn out with real thread on real fabric. After you've finished, you will have created a wonderful reference tool for designing and creating!

PLAY, PLAY, PLAY

Don't be afraid to PLAY! You don't practice decorative "stitch-work" – you create and play. Feel free to alter and manipulate your stitches with all of the wonderful built-in functions your BERNINA® has to offer. If your machine has memory, explore the memory capabilities of your machine – combine stitches and create even more!

BEAUTIFUL THREADS

When you begin playing with all of your decorative stitches, why not use some of those wonderful threads you've been collecting? There are so many new threads to choose from so make sure that you also select the proper needle and threading path. These are critical components that make your creative play fun and successful!

REGULAR CLEANING

Clean and oil the machine regularly. This is so important for successful decorative stitching. If the mechanical parts on your machine are unable to move properly and freely, there is no way for stitches to be sewn that look nice!

- A well-lubricated hook is a necessity for good stitch quality, especially if you are working with the rotary hook system found in the 1630, **artista** 180, 185, and 200 machines.
- Be sure to use only the oil that came with your machine. The wrong oil can diminish your stitch quality as well as possibly damage your machine.
- Clean the lint from your machine regularly. Be aware that most of the lint that gathers in your machine is from the threads we use.
- If you break a needle, always stop and find all of the needle parts. Also check to make sure there are no broken threads in the hook area as well.

STABLE SUPPORT

Don't forget about stabilization as well. Most of your creative stitchery projects will require some sort of support. Some stitches will require a lot of support, while others not much at all.

- A great trick to use with decorative stitches is to consider the use of a fusible interfacing on the wrong side of your fabric. The interfacing often adds just the right amount of additional support for "outline type" stitch patterns.

- When stitching compact or satin-type stitch patterns, additional stabilization will be necessary. Make sure you select a product that removes easily without damaging your stitching or fabric base. Consider a product like OESD's Light Weight Tear Away.

FOOTWEAR

Selecting the proper presser foot for the stitches you are working with is very important. Primarily, there are 2 different feet that are used for Decorative stitching techniques.

- Open Embroidery Foot #20 (#20C if you are working with a machine model that has 9mm stitch width capability) – This foot provides unobstructed visibility. There is also a large indentation under the foot that provides for proper feeding of thick decorative satin stitches, also known as "compact" stitches. (Refer to Feet-ures, Volume 1 for more detailed information)
- Clear Foot #34 (also available as #34C) – This foot also provides great visibility, but has no deep indentation under the foot. It is great to use with the "outline" decorative stitches. The Clear foot also has a variety of markings on it that makes it very easy to line up and match stitches together. (Refer to Feet-ures, Volume 1 for more detailed information)

SPEED CONTROL

The Motor Speed that you use is extremely important.

- Remember, you are usually working with embroidery threads (they are more fragile 2-ply threads) and intricate stitch designs – you must slow your sewing in order to be successful!
- Many of the machines offer speed control. Select Motor $\frac{1}{2}$ or $\frac{3}{4}$ speed.
- Always sew at the same speed. Your stitches will look nicer and your stitch patterns will line up better.

USEFUL ACCESSORIES

Other helpful tools that can be used on your BERNINA® machines

- *FreeHand system* - This unique system allows you to easily raise the presser foot without removing your hands from your project. This is great for pivoting stitch patterns and easily lining up stitches.
- *Electronic Foot Control* - Easily control your stitching with accurate and precise speed control.

With a simple tap of your heel, raise and lower the needle $\frac{1}{2}$ stitch at a time.

- *Magnifying Lens Set* - This accessory fits all of the new models of BERNINA® machines – activa 125 through the **artista** 200. It comes with 3 different lenses in three different magnification strengths.

4 Ways to Play!

1. Stacked Stitches – side-by-side rows
2. Simple stitch combinations – using the Memory capability of your machine
3. Branched stitch combinations – stitches "branch" out from a baseline of stitches
4. Pivotal Designs – easy pivoting designs change the look of a simple decorative stitch

STACKED SCALLOPS

Ingredients:

- Embroidery thread
- Embroidery needle
- Presser Foot #34
- Stitch #24 (Couture stitches – Group a)
- Stitch #38 (Couture stitches – Group a)
- Stitch #28 (Couture stitches – Group a)
- Stitch #31 (Couture stitches – Group a)

Recipe:

- Attach Clear Foot #34
- Select Stitch #24
- Select Motor 1/2 speed
- Sew 4 rows as shown (NOTE: You will be beginning the recipe in the middle and work out to the edges – notice the stitching order information)



- Select Stitch #38 and frame the “stacked scallops” on either side simply a presser foot width apart (NOTE: Mirror Image Right/Left will have to be engage for the right-hand side of the stitch recipe)



10-8---6---4 - 2 - 1 - 3 ---5---7-9
Stitching Order

- Select Stitch #28 and frame again.
- Select Stitch #31 and add the final frame to your creation

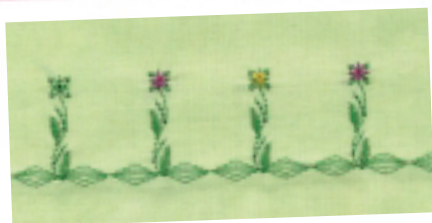
SIMPLE STITCH COMBINATIONS

Ingredients:

- Variegated Embroidery thread (sample used Superior Rainbows – Color #816)
- Embroidery needle
- Clear Foot #34
- Stitch #29 (Couture stitches – Group a)
- Memory capability to create stitch combinations

Recipe:

- Attach Clear Foot #34
- Select Stitch #29
- Select Motor 1/2 speed
- Open (access) Memory



- Combine the following: Stitch 87, Default, Stitch 86, Default
- Attach Open Embroidery Foot #20
- Engage Pattern End function, Securing function and sew as shown.
- To add color to the flowers, select stitch #22 and sew a single repeat in the center of stitch #86

STACKED STITCHES

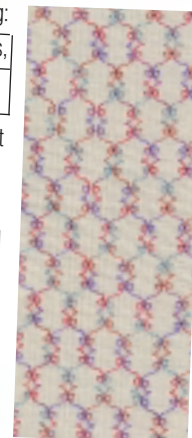
BERNINA machine stitches are beautiful in their own individual ways, but when combined with other stitches, the beauty expands and the creative potential is unlimited! Let's explore a simple method of combining stitches where they are simply sewn in rows “side-by-side” or in a “stacked fashion”.

LACE SCROLLS

- Combine the following:

Stitch 29	Default settings,
Stitch 29	

- Begin stitching on the left side of your fabric, sew first row
- Before starting to sew 2nd row, scroll to the second pattern in the memory. This will alternate the stitch patterns as you sew
- Continue sewing in this manner, alternating the starting pattern for each row. Sew the rows so that the stitching touches.



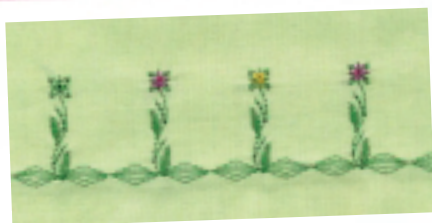
FLOWER GARDEN

Ingredients:

- Embroidery thread
- Embroidery needle
- Presser Foot #34
- Stitch #36 (Couture stitches – Group a)
- Stitch #87 (Craft stitches – Group d)
- Stitch #86 (Craft stitches – Group d)
- Stitch #22 (Couture stitches – Group a)
- Memory capability to create stitch combinations

Recipe:

- Attach Clear Foot #34
- Select Stitch #36
- Select Motor 1/2 speed
- Sew a single row
- Open (access) Memory



- Combine the following: Stitch 87, Default, Stitch 86, Default
- Attach Open Embroidery Foot #20
- Engage Pattern End function, Securing function and sew as shown.
- To add color to the flowers, select stitch #22 and sew a single repeat in the center of stitch #86

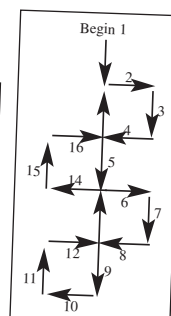
BRANCHED STITCH COMBINATIONS

Ingredients:

- Embroidery thread
- Embroidery needle
- Presser Foot #34
- Stitch #56 (Home Dec stitches – Group b)

Recipe:

- Attach Clear Foot #34
- Select Stitch #36
- Select Motor 1/2 speed
- Engage Needle Stop Down
- Stitch and pivot as shown in diagram



PIVOTAL DESIGNS

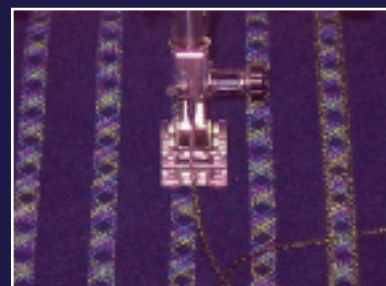
STAR BOX

Stitch Recipe

Corded Criss-Cross

Turn a plain fabric into one with a stunning stripe by sewing rows of linear cross-stitching. Add depth and interest by using a multi-colored or variegated thread; further define the stripes by using the new Clear Embroidery Foot #39 to couch decorative threads along the edges.

BY JILL DANKLEFSEN



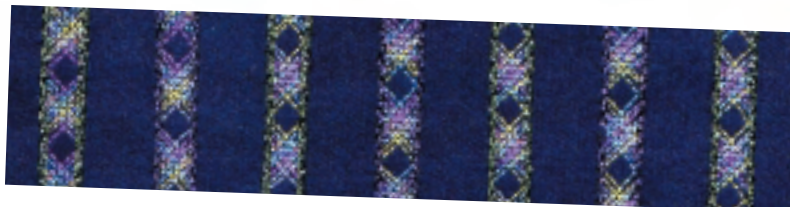
Clear Embroidery Foot #39 (a clear version of an old favorite – Embroidery Foot #6) is a great presser foot to use when decorative stitching:

1. It has a wonderful hole in the center of the foot that is perfect for feeding decorative cord for couching techniques!
2. The design of the sole of the foot is perfect for decorative stitching, especially heavy, compact stitches.
3. And – my personal favorite – the sole is clear. It's easy to see where the stitching and couching will be applied.

Corded Criss-Cross

INGREDIENTS:

- Decorative cross stitch – sample uses *artista* stitch #648
- Variegated, multicolored, and/or metallic thread – sample uses Superior Rainbows thread
- Clear Embroidery Foot #39 used for sewing the decorative stitch and for couching the side edges
- Cord – sample uses Razzle Dazzle by Superior Threads
- Thread for couching: same as for decorative stitching or use monofilament for invisibility
- Quilting/Seam Guide (optional)



INSTRUCTIONS:

Begin by drawing parallel lines on the fabric, or simply draw one line and then attach the Quilting/Seam Guide to the foot and create parallel lines of stitching by aligning the guide with the most recently sewn stitches. Space the lines of stitching as desired and sew parallel lines across the fabric. *Note: Most fabrics will need to be stabilized with tear-away or cut-away before beginning the stitching.*

Finish the stripe embellishment by couching the cord along each side edge. There is really only one rule to keep in mind for couching with this foot: The cord/yarn must be uniform in diameter – no “slub” yarns.

Thread the cord through the hole at the center front of Clear Embroidery Foot #39. Make the following settings on the machine:

Stitch: Zigzag
Stitch Width: 1-1.5mm
Stitch Length: 1-1.5mm

Couch the cord along each side of the stitched rows.

Stacked Stitch Recipe

BY LINDA WHITE

This is probably the only fun, calorie-free recipe you'll see for a while. That's because it's done on a BERNINA sewing machine! You can make your own recipes with your favorite decorative stitches.

Some stabilization is always necessary when adding decorative stitching to your fabric. Choose your favorite OESD stabilizer and remember to always sew a test swatch to see if you are using enough stabilizer to keep the final project flat. The best choice will probably be a combination of a cut-away stabilizer such as OESD PolyMesh and a tear-away stabilizer such as OESD HeavyWeight Tear-Away, depending on the final use of the decoratively stitched piece. Use a temporary spray adhesive such as 101 Quilt Basting Spray to adhere the layers together before stitching.

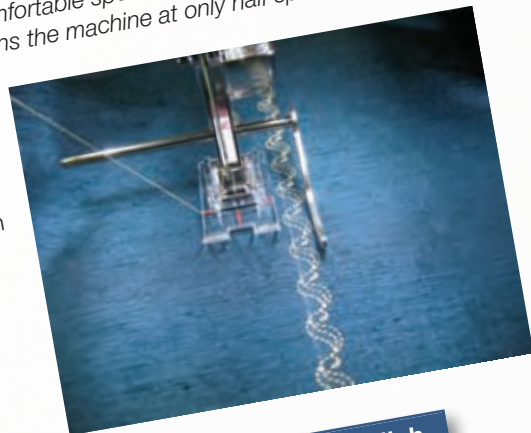
STACKED STITCH RECIPE

- Use a disappearing marker and a ruler to draw a straight line on the fabric where the decorative stitches will be sewn.
- Attach Clear Foot #34 to the sewing machine. Sew the center row of decorative stitches.

Helpful Hint: If you can adjust your machine's motor speed, slow the motor down to a comfortable speed when matching rows and stitch patterns. It is easier to sew when pressing your foot control all the way to the floor runs the machine at only half speed.

- Sew the second row of decorative stitches (the scallop pattern). Align the edge of the presser foot with the first row stitched, or attach the Quilting/Seam Guide to the back of the foot and use it to keep the second row evenly spaced from the first row.
- Select Pattern Begin to start the third row of stitching at the beginning of the first stitch pattern. Engage the Mirror Image function so that the third row of stitching will mirror the second row. Stitch the third row, spacing it evenly from the center row.

Helpful Hint: When sewing mirrored rows of decorative stitches on the machine, the stitches match up better if the rows are sewn in the same direction.



BERNINA model	Center stitch 1	Center stitch 2	Scallop stitch
220	--	43	34
230	61	65	48
240	79	88	58
430	121	130	79
440	150	159	102
450	145	152	88
630	705	717	416
640	705	717	416
730	705	717	416
830	705	717	416

Stairway Stitches

BY JILL DANKLEFSEN

This decorative border, that can also be used as an insertion design, was created to enhance Benartex fabrics from the Marleigh collection. The centerpiece of the border begins with one stitch pattern that is manipulated by pivoting and stitching a single pattern.

Note: For another variation of this stitch recipe, see the Marleigh Medley Pillow on pages 4-7.

SUPPLIES

- Thread – Oliver Twist
- Needle – 80/12 Topstitching
- Linen or linen blend fabric
- Interfacing – Armo® Weft by HTC
- OESD lightweight tear-away stabilizer
- Beads – Bead Gravy or On the Surface Little Charmers
- Open Embroidery Foot #20/20C
- Clear Foot #34/34C
- Patchwork Foot #37 or Patchwork Foot with Guide #57



STAIRWAY STITCHES

Prepare your fabric for this type of stitching – because of the pivoting pattern used, the motif is stitched across the bias. The fabric needs support especially if you intend to frame it with other stitches and/or fabric. My favorite interfacing to use for this purpose is Armo® Weft by HTC. It supports the fabric, but keeps the hand (feel and drape) of the fabric the same.

CENTERPIECE

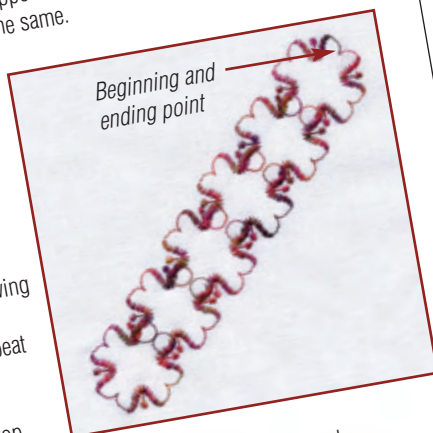
- Select Stitch #641



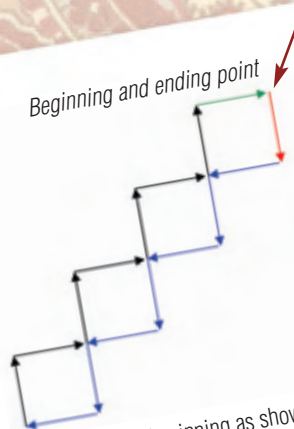
- Engage the following functions:
 - Pattern Repeat 1x (single pattern)
 - Needle Stop Down

- Adjust Motor speed to a slower range – $\frac{1}{2}$ to $\frac{3}{4}$ speed

Beginning and ending point



- Sew until the machine stops. With the needle in the fabric, use the FHS to raise the presser foot and pivot 90° in the direction indicated in the diagram. The red arrow is the first stitch pattern; continue sewing and pivoting as shown with blue arrows. When you have stitched the length desired, sew back to the beginning as shown with the black arrows; the green arrow is the last stitch pattern.



BORDERS

Once the center motif is created, frame it with other stitches. The sample shown uses a simple multi-motion straight stitch, actually a smocking stitch (#713), but if not available, a triple straight stitch (#6) will work just as well. Add another stitch – choose one of your favorites (I chose #751) – decorate with beads and another great stitch recipe has been created!

The stitch numbers listed are for the *artista* models of BERNINA® machines. If using another current BERNINA® model, consult the new Stitch Conversion Chart available at www.berninausa.com. Go to Sewing Studio > Basic Training > Stitch Conversion Chart.



BY JILL DANKLEFSEN

Sew Retro

Recreating Timeless Stitch Embellishments

Sewing machines have been around for over 150 years and before the age of computers remained relatively unchanged. They sewed straight stitches and then later, zigzag and pattern stitches were added. By today's standards, they were comparatively simple and uncomplicated to use. But, just because they had fewer features doesn't mean that the stitcher was limited in creative possibilities.



During the 1950s and 60s, BERNINA® published instructions for taking decorative stitches to a higher level. The designs pictured above are from a series of leaflets that included directions for manipulating decorative stitches into complex embellishments for garments, home décor items, projects for children, and craft objects. The stitch creations in this series were simplistic in the stitch components (usually a single pattern) but the results were often dramatic!

These stitch exercises were created for Models 530 and 730 (the original) that were purely mechanical machines. Remember, this was before the days of computers and automatic anything. There were *no* computerized functions to aid in the creation of these wonderful stitch motifs. The only tools available were the BERNINA® accessories, i.e. presser feet (introduced with the 530) and the FHS, Free Hand System (first engineered for Model 730). The rest of the creating process remained with the stitcher and his or her imagination.

The good news about these unique embellishments is that they can be recreated on just about any BERNINA® model since the 530. And, the even better news is that the computer functions and advanced features on today's machines make it much simpler to execute them. So, take a look and see how these "timeless" stitch decorations can be sewn to adorn your next project.

*Note: The stitch numbers listed are for **artista** models. If using BERNINA® models other than **artista**, look for similar stitches. For a Stitch Conversion Chart covering current BERNINA® models, go to www.bernausa.com > Sewing Studio > Basic Training > Stitch Conversion Chart*

Satin Patches

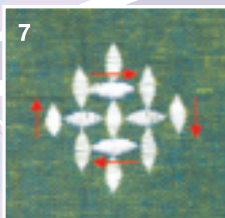
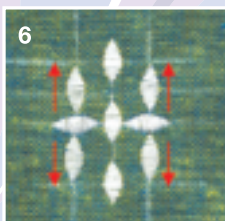
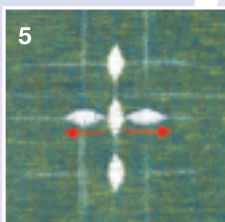
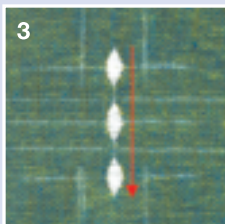
Create an interesting "patch" using one decorative stitch and then scatter it across the fabric using a contrasting color of thread, making an all-over pattern.



Stitch: **artista** #407

Feature and Functions: Combi Mode/Memory, Single Pattern, Securing function

Fabric Preparation: Back fabric with OESD Tear-Away stabilizer; using chalk, draw a vertical line to mark the center of the design. *Note: After each line of patterns is stitched, draw a line marking the position of the next line and use as a guideline when stitching.*



STEPS:

1. Create a simple memory combination of 3 patterns of #407 separated by one repeat of straight stitching (change the stitch length to 1.0mm)
2. Attach Open Embroidery Foot #20/20C
3. Sew the combination down the marked center vertical line; close Combi Mode/Memory.
4. Select stitch #407 and Single Pattern; if available, engage Securing function.
5. Sew one #407 to the right and one to the left of the vertical row of stitching, turning the fabric as needed. Begin sewing from the center of the middle motif, stitching perpendicular to the vertical line of stitching.
6. Sew single pattern repeats, stitching in the direction of the arrows and rotating the fabric as needed.
7. Add the single pattern repeats to complete the patch, stitching in the direction of the arrows and rotating the fabric as needed.
8. Remove stabilizer and position fabric as desired to sew additional patches.

A Study in Contrasts

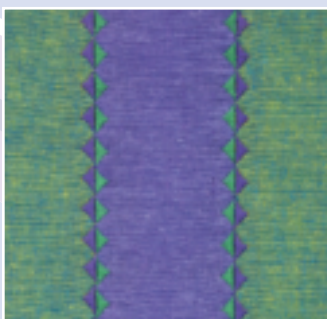
This striking yet simple technique combines two hues of fabric and thread for a colorful coordinated look.

Stitch: **artista** #406



Feature and Functions: Half Speed, Pattern Begin, Mirror Image Right-Left

Fabric Preparation: Back fabric with OESD Tear-Away stabilizer; using chalk, draw a horizontal line at the beginning point.



STEPS:

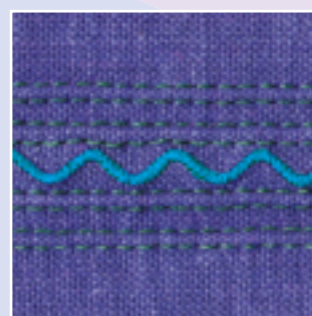
1. Seam three fabric strips in alternating colors (color 1, color 2, color 1), leaving wide enough seam allowances to support the stitches; press seam allowances open.
2. Attach Open Embroidery Foot #20/20C.
3. Select stitch #406; use the widest stitch width

unless working with a 9mm machine – then adjust stitch width to 6mm.

4. Adjust motor speed to ½ speed – you need to be able to control the stitching of the second pass to match the stitches. Setting the motor at half speed and sewing with the foot control completely depressed results in even, consistent stitching.
5. Add two layers of OESD Medium-weight Tear-Away stabilizer under the seam allowances, as this is a heavy satin stitch.
6. Align the inner left toe of the foot with the seamline as shown, positioning the starting point on the horizontal chalk line.
7. Sew a line of triangles in a contrasting color along the seamline.
8. Change the thread color and position the fabric at the beginning horizontal chalk line; touch Mirror Image Right-Left, if available or simply rotate the fabric and the Pattern Begin button.
9. Sew the second row of triangles, aligning the stitch patterns; remove stabilizer and press.

Pintuck Texture

Alternating groups of double needle pintucks with a decorative stitch adds texture and depth to an otherwise plain fabric. Use this simple embellishment alone or stitch several of them side-by-side to create all-over texture.



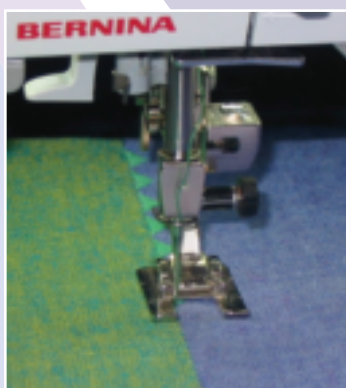
Stitch: **artista** #425

Feature and Functions: Double Needle Limitation, if available

Fabric Preparation: Using chalk, draw a vertical line to mark the position of the left pintuck.

STEPS:

1. Attach Pintuck Foot #31 (5-groove).
2. Insert a 2.5 double needle into the machine.
3. Optional: For raised pintucks, thread heavy cord such as gimp or perle cotton up through the hole in front of the needle opening on the stitch plate. For more information, see Feet-ures, Vol. 1.
4. Starting at the chalk line, stitch 4 rows of pintucks, leaving a space between the 2nd and 3rd pintucks to add a decorative stitch.
5. Remove the double needle; leave the pintuck foot on.
6. Insert a standard Universal needle and change thread color if desired.
7. Select Stitch #425.
8. Add tear-away stabilizer behind the fabric
9. Using the Pintuck foot, straddle the pintucks and sew the decorative stitch between the rows.
10. Remove the stabilizer and press from the wrong side.





Sew Retro 2

BY JILL DANKLEFSEN

The vintage BERNINA® publication shown here features a decorative stitching technique referred to as Bobbin Play. This is the process of winding heavy weight threads/yarns (too thick to go through the eye of the needle) onto a bobbin and using regular sewing thread in the needle. The stitching is sewn with the fabric upside down (wrong side up); the resulting stitch on the right side of the fabric is thick and dimensional. Using decorative threads on the bobbin gives an entirely new look to

the stitches of your machine, greatly expanding the creative possibilities at your fingertips!



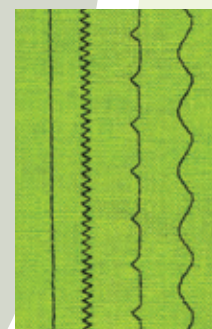
Supplies

- Base fabric – linen was used in the sample
- Decorative Heavyweight Threads/Yarns – choose a thread uniform in diameter and texture (YLI Success Serging Yarn was used in the samples shown)
- Construction quality thread for the needle
- Machine needle appropriate for the fabric
- Secondary bobbin case
- Small Screwdriver
- Open Embroidery Foot #20/20C
- Stabilizer as needed for the fabric used – OESD Lightweight Tear Away was used

Stitches

In many instances, the best stitches to use for Bobbin Play are some of the simplest and most basic. The recipes shown make use of 4 utility/practical stitches - - -

Straight stitch, Zigzag, Blindstitch and Running stitch



Auditioning Decorative Threads

Select yarns that are not too thick (they still need to be able to work with the tension mechanism on the bobbin case) and they must be uniform in diameter, thickness, and texture.

Shown here are some thread/yarn choices to consider; please note that these represent only a few of the possible choices.

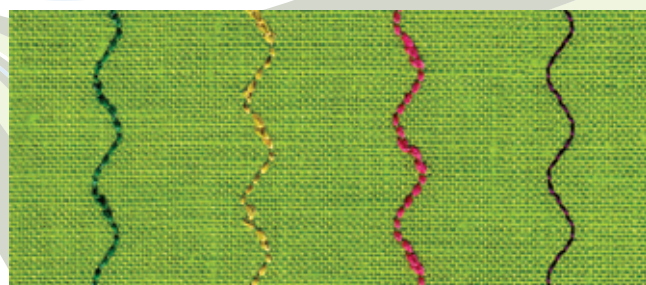
After you have auditioned threads and selected your stitches, sew a test sew-out to determine the desired stitch length, stitch width and tension setting. The “correct” stitch settings depend largely on the look you want to create so try a variety of adjustments until you are satisfied with the look.



Superior Razzle Dazzle

YLI Multi's Yarn

YLI Success Serging Yarn



YLI Shimmer Ribbon Floss

YLI Ribbon Floss

Embroidery Floss

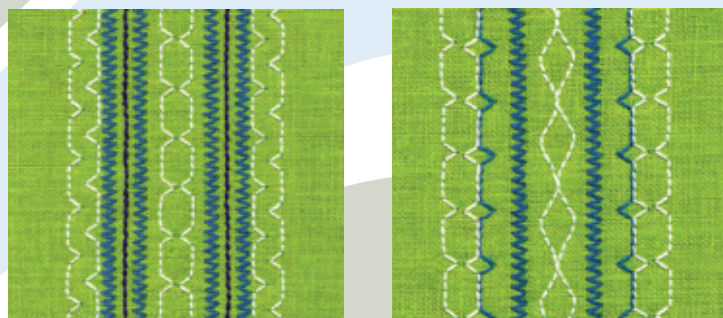
Silk Cordonnet Thread

Bobbin Play Basics

- Use a secondary bobbin case where the tension can be adjusted. *Note: It's easy to adjust the tension for bobbin play but not so easy to re-adjust for perfect sewing. Save yourself a lot of frustration by using a separate case for this technique.*
- Use a “Black Latch” case (available for CB hook models only) or mark a second bobbin case latch with a dot of fingernail polish or permanent marker so that you know that it is your “play” case.
- Remember the rule – “Righty Tightly, Lefty Loosey” – for adjusting the bobbin case tension.
- If using a machine equipped with a bobbin level monitor, be aware that it will probably not indicate to you soon enough that you are running low on thread. Always check to make sure that you have enough thread/yarn on the bobbin before beginning a new row of stitching.
- Don't forget that you will be adjusting the top tension on your sewing machine as well – you will be increasing the tension to “pull” the bobbin thread/yarn into a stitch pattern.
- *Remember:* You will be sewing upside down! If you need lines to stitch on, mark your stabilizer or the back of your fabric.

Recipe Steps

The two stitch recipes shown here are sewn in the same manner as Stacked Stitches recipes; this simply means that the stitching starts in the center of the recipe and stitches are added on either side to achieve the final look.



Stabilize the wrong side of the fabric as needed to provide adequate support for the stitching.

Attach Open Embroidery Foot #20/20C to the machine; the open area of the foot leaves the stitching area visible to make it easy to align the stitches as you sew. The indentation on the sole of the foot allows it to easily move over the thickness of the stitch as it is formed.

Mark the stabilizer by drawing a long center line and then a horizontal line at the desired starting points for the rows of stitching. These markings are for the alignment of the stitched rows.

Start sewing from the center of the recipe out on both the right and left sides, positioning the needle on the marked horizontal line. *Note: Use the features and functions of the machine as needed to help perfectly align the stitches - Needle Stop Down, Mirror Image, adjustable Needle Position, Pattern Begin.*

