

Sew to Your Heart's

CONTENT

Figure Out Your Feet!

By Yvonne Porcella

These "feel good" sewing projects give you opportunities to try a variety of specialty presser feet that make stitching easier and the results better. Make a series of small quilts and heart shaped decorative items using cotton scraps, wool felt, silk pieces, beads, buttons, and paint - along with several **BERNINA®** specialty presser feet and accessories.

This collection of presser feet is useful when making the heart projects shown here. For additional information, see Feet-ures, Volumes 1-3, available at your local **BERNINA®** dealer.



Zipper Foot #4



Edgestitch Foot
#10/10C



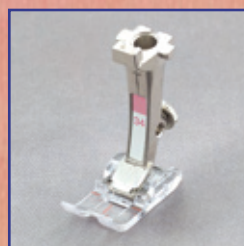
Button Sew-On Foot #18



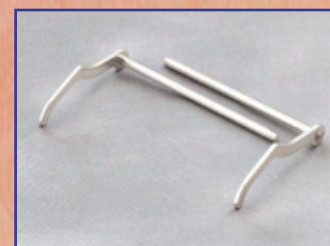
Open Embroidery Foot
#20/20C



Braiding Foot #21 OR
Bulky Overlock Foot #12C



Clear Foot #34/34C



Quilting Seam Guide

Confetti Heart Mini Quilt



Supplies:

- Heart Pattern #1
- Three pieces cotton fabric, 8" x 8" for quilt block, contrast, & backing
- assorted scraps for confetti
- Wonder Under (paper-backed fusible web)
- 8" x 8" square of batting
- fabric paint, brush & stencil

Step One

Open Embroidery Foot #20/20C; Running Stitch - Width 5mm-6mm, Length 0.5mm to 1mm

Lay the contrast fabric on your cutting mat; cut pieces of 5 to 6 different fabrics into small irregular snips and layer randomly or in color groupings to cover most of the square. Fill in blank spaces so little of the contrast fabric shows. *Hint: Use temporary spray adhesive to hold the snips in place if desired.* Carefully take this to sewing machine. *Tip: Use a Slide-on Sewing Table or Extended Sewing Table to support the fabric so the square is not allowed to hang over the edge of machine.* Use a bamboo stick to hold snips in place as you sew with a Running stitch and matching thread color. Stitch completely to secure each little snip. When you think you are finished, add decorative thread and stitch again to secure fabrics to the surface.

Step Two

Fuse Wonder Under to the back of stitched panel for 3 to 5 seconds with dry iron. Trace heart *Pattern #1* on the paper side. Cut out the heart and remove the paper. Fuse the heart to the center of the quilt block square, pressing with steam for 10 seconds. *Tip: To find the center of the fabric square, fold in half vertically and horizontally, finger pressing creases in place. The intersection of the creases is the center of the block.*

Step Three

Edgestitch Foot #10/10C; Blind Stitch - Width 3.5mm, Length 2.5mm

Layer the block right side up over the batting and the backing (right side down). Pin the edges. Using the Blindstitch, stitch around the edge of the heart, keeping the blade of the foot next to the edge of the heart. *Note: The straight portion of the stitch will sew along the outside of the heart appliqué and the wide part of the stitch will "bite" into it.*

Step Four

Clear Foot #34/34C; Straight Stitch - Width 0mm, Length 2.5mm

Select the straight stitch with a length of 2.5mm; fill in background with random diagonal stitching lines to edges. Press; square up the block. Cut two binding strips, 1 3/4" x 8" each. Stitch one strip to each side edge using a 1/4" seam allowance. Press out, fold under raw edge, press again.

Step Five

Edgestitch Foot #10/10C; Straight Stitch - Width 0mm, Length 2.5mm

Stitch-in-the-ditch from the right side of the quilt to secure the binding. Cut two additional binding strips, 1 3/4" x 8" each, sew to the top and bottom edges, then stitch-in-the-ditch as before. *Option: Use the Binder Attachment #84 with Foot #94 to bind the edges of this mini quilt.*

Step Six

Using the tip of a paintbrush, add dots of fabric paint around the heart and along the inside edges of the binding. Paint the background of the block if desired, using a stencil; let dry.

Yvonne's Favorite Tool



A bamboo chopstick makes a great point turner to turn small projects right side out. You can also use it as a stiletto to hold fabrics in place for sewing.

BONUS PROJECT!

Confetti Heart on Painted Background

Supplies:

- Heart Pattern #2
- 6" square of watercolor paper
- 2-5 colors of paint and brush
- decorative frame with 3"-4" opening

Use left over confetti-stitched fabric to cut out heart Pattern #2. Paint watercolor paper as desired using 2-5 colors. Remove the paper backing from the heart and heat set for 10 seconds to secure to the center of the watercolor paper. Trim the watercolor paper to fit the frame opening and frame your art!



Painted Grid Heart

Supplies:

- Heart Pattern #3
- two layers of fabric and one piece of flannel, 12¾" x 14" each
- HRFive temporary spray adhesive
- fabric marker
- metallic fabric paint and pearl or gold to mix the colors
- stencil & brush
- beads as desired; hand-sewing needle and thread

Step One

Clear Foot #34/34C; Straight Stitch – Length 2mm

Layer fabric right sides together. Place flannel on top of the fabric, using temporary spray adhesive to secure. Using a fabric marker, trace Heart Pattern #3 onto the flannel. Stitch on the drawn line, completely around the heart shape. Trim away flannel as close as possible outside of the stitching line. Trim the fabric to a scant ¼" from the stitching line. Clip the curves and cut off the bottom point without cutting into the stitching. Turn over and pull up one layer of fabric, make a small cut, then slit to about 2". Reach inside and pull to turn *right sides out*. Use a chopstick as a point turner to push out seams and use blunt end to smooth seam from inside; press. Slipstitch (with hand-sewing needle) the opening to close the seam. Topstitch around the edge of the heart, about ¼" to ⅜" from the edge.

Step Two

Clear Foot #34/34C with Quilting Seam Guide; Straight Stitch – Length 2mm

Attach the Quilting Seam Guide to the back of the presser foot and set the guide 1" from the needle. Stitch across the heart in



1" grid. Start and end the grid at the topstitching; pull threads to back and tie off. Press.

Step Three

Add paint to surface, using metallic paint and pearl or gold to mix the colors. Use the point of the brush to daub paint colors onto the heart shape. Allow to dry; add beads as desired.

Layered Button Heart

Supplies:

- Heart Pattern #4
- three pieces of wool or felt in different colors
- HRFive temporary spray adhesive
- 18-23 assorted buttons.

Step One

Open Embroidery Foot #20/20C; Blanket Stitch – Length 2mm-4mm, Width 4mm-6mm

Cut out three hearts using Pattern #4, cutting layers #1, #2, and #3 in different colors. Stack the three hearts with the largest on the bottom and smallest on top, using spray adhesive to temporarily hold them together. Using a Blanket Stitch, sew around the edge of the top heart, joining all three layers in the process; press.

Step Two

Button Sew-On Foot #18; Universal stitch or the Button Sew-On program; lower the feed dog

Cut out about 14 circles in assorted colors. Lower the presser foot and turn the handwheel by hand to be sure the needle pierces the holes without hitting the button; adjust stitch width if needed. Stitch on buttons in a planned or random pattern, alternating fabric circles under some of the buttons. Pull threads to the back to tie off.



Fiber Collage Heart

Supplies:

- Heart Pattern #5
- two pieces 7" x 7" wool felt, assorted yarns and fibers such as Designer Threads by QRI
- monofilament thread and lightweight bobbin thread
- construction thread
- two 6" pieces of narrow ribbon
- small amount of polyester stuffing



Step One

Braiding Foot #21 OR Bulky Overlock Foot #12C; Zigzag stitch - Length and Width 3mm

Insert yarn or decorative fiber into the hole on top of the foot. Using monofilament needle thread and lightweight bobbin thread, stitch the yarns to one piece of the fabric, turning the wool to make interesting patterns.

Step Two

Trace heart Pattern #5 on the second piece of wool; layer the two wool squares together and pin. Cut 2 pieces of narrow ribbon 6" long, make a loop, cross over ribbons and stitch together leaving 1" at bottom; find the center top and insert ribbon between the two layers, securing with a pin.

Zipper Foot #4; Straight Stitch – far right needle position and then far left needle position

Change to construction thread in a color to match the wool. Move the needle position to far right and straight stitch, aligning the side of the foot with the drawn line. *Tip: As you sew, keep them aligned and stop as needed, using the Free Hand System to slightly lift the foot to release the fabric, resulting in smooth curves.* Move the needle position to far left and straight stitch a second time, again leaving an opening as indicated on the pattern. Stuff the heart shape using small amounts of stuffing and a chopstick as a tool. Stitch the opening closed and then complete the stitching of the outer line. Trim the wool away as close as possible to the outer stitching line.

Sew To Your Heart's Content Patterns #1-5

BONUS
Confetti Heart #2
Cut 1
from
Confetti
fabric

Using the Heart Patterns

Locate the pattern number indicated in the instructions and using copy or tracing paper, trace the appropriate heart. Note: For half patterns, fold the copy or tracing paper and position the fold of the paper on the indicated line of the pattern. Trace the half pattern, then cut out the traced heart with the paper still folded; unfold and use pattern according to the instructions.

**Confetti
Heart #1**
Cut 1 from
Confetti
fabric

fold

**Layered Button
Heart #4**
Cut 3 from
contrasting
colors of wool

Cut 14

fold

**Painted Grid
Heart #3**
Cut 2 from
fabric

Fiber Collage Heart #5
Cut 2 from wool

fold