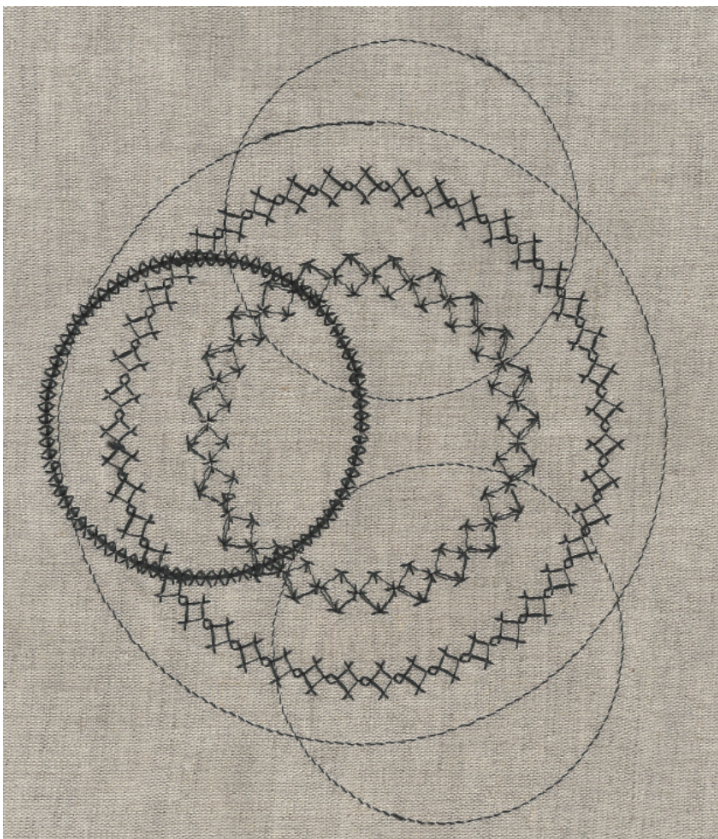


## SURFACE DESIGN



HEMSTITCHING

EMBROIDERED EYELETS

LACE INSERTION

NEEDLE FELTING

SASHIKO

SEWING CIRCLES



# HEMSTITCHING

Hemstitching is a beautiful embellishment using a wing needle to make decorative holes in the fabric. The needle is called this because it has flat “wings” on each side. This technique uses decorative stitch patterns that stitch in the same holes several times.

## Supplies & Settings

- One piece natural fiber fabric such as linen, 6" x 6".  
For easier handling, press the fabric using a light starch or sizing.
- Cotton embroidery thread, 60-weight in a color that matches the fabric.
- Clear Foot #34/34C/34D
- Wing Needle, size 100, 110, or 120
- Default needle position
- Stitch: Various decorative stitches

## Hemstitching

1. Insert a Wing needle into the machine. Go to the Needle Security display (if available on your model) and select the wing needle.



2. Select open decorative stitches that go in and out of the same holes several times. Something as simple as a triple straight stitch creates a delicate line of hemstitching. Try the stitches shown below and to the right, but experiment with others.



3. Stitch several rows of hemstitching using the edge of the foot for spacing.



**Clear Foot #34/34C/34D**





# EYELET EMBROIDERY

Make beautiful embroidered eyelets with the easiest free-motion technique you'll ever sew. Most of the tools included in the Eyelet Set are used to make holes in the fabric. Once a hole is made, fit it over the post of the eyelet set and stitch around the edges of the opening, covering the raw edges with satin stitching.

## Supplies & Settings

- One piece linen fabric, 10" x 10"
- Hand embroidery hoop or spring hoop
- Cotton, polyester or rayon embroidery thread
- Eyelet Embroidery Set #82 with Eyelet Foot #92
- 80/12 Universal needle
- Half right needle position
- Stitch: Zigzag Stitch



Eyelet Set #82 with Eyelet Foot #92

## Embroidered Eyelets

1. Lower the feed dog of the machine. Attach Foot #92 and the plate to the bed of the machine according to the instructions included with the Eyelet Set.
2. Stabilize the fabric by hooping firmly in a hand embroidery hoop or a spring hoop. Stabilizer can be used instead of hooping.
3. Using an awl or punch, make a hole in the fabric.  
*Note: Use an awl or cutter slightly smaller than the post; the fabric should fit tightly and will open more as you sew.*
4. Place the punched hole over the grey eyelet post. Select the zigzag stitch with a width of 2 mm.
5. Begin stitching, rotating the hoop as you stitch. This step stabilizes the edge of the hole in the fabric.
6. Adjust the zigzag stitch to 4-6mm. Stitch again, rotating the hoop as you sew. Move the hoop at a speed that places the stitches close together (satin stitches). Repeat to get the desired look.
7. For a more decorative look, try these options:
  - a. Use stitch #13 for Step #6.
  - b. Stitch an eyelet as described above. Remove the grey post from the plate and reinsert it with the prong away from the needle opening. Select a decorative stitch and create an outer eyelet detail.



Stitch #13 and Stitch #417

# LACE INSERTION

Using lace to join two pieces of fabric is easier than it looks. The lace is first stitched to a single piece of fabric. The fabric behind the lace is trimmed away, making it look as if one piece of fabric is attached to each edge of the lace.

## Supplies & Settings

- One piece lightweight cotton, 4" x 9" and 9" insertion lace, 1/2"-3/4" wide
- 60 weight cotton embroidery thread
- Edgestitch Foot #10/10C
- 70/10 Universal needle
- Needle position as indicated below
- Stitch: Straight Stitch and Zigzag Stitch



**Edgestitch Foot #10/10C**

## Lace Insertion

### First Run

1. Position lace on top of fabric where the insertion is desired. Lace and fabric are both right sides up. Pin or spray baste lace to fabric if desired.
2. Attach Edgestitch Foot #10/10C. Select straight stitch; adjust length to 1.5-2 mm.
3. Position blade next to the right side of lace and adjust needle position to barely catch the header of the lace. Stitch.
4. Sew the left side in the same manner adjusting the needle position as needed to barely catch the header.
5. From the back, carefully cut through the fabric only, between the two rows of stitching, leaving the lace intact. Press the cut fabric away from the lace on each side.

### Second Run

1. Select Zigzag Stitch; SW = 1-1.5 mm and SL = 0.75-1 mm.
2. Move needle to half left position.
3. Lay fabric right side up under the presser foot.
4. Place right edge of exposed lace to the left of the guide, and zigzag over the edge of the lace/fabric fold and the previously sewn straight stitch.
5. Sew left edge in the same manner, adjusting needle position as needed to stitch over edge of lace/fabric.
6. Trim excess fabric from wrong side, close to the zigzag stitching.



# NEEDLE FELTING

Needle Punch, also called felting, is a fun way to embellish wall hangings, book covers, bags, and other craft projects. BERNINA has two versions of this attachment. One is for CB hook machines, and the other is for the 8 Series and BERNINA Hook machines.

## Supplies & Settings

- Felt or wool, 8" x 8" and yarn and/or wool roving
- No thread
- Needle Punch Set #45
- Punch needles (included with set)
- Center needle position
- Stitch: Straight
- Lower Feed Dog

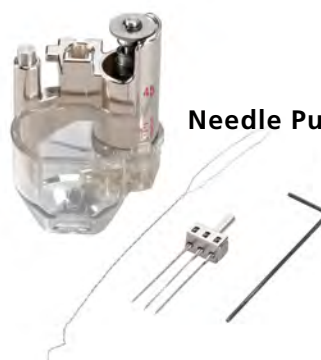
## Needle Felting

1. Attach the Needle Punch Set specific to your machine following the directions included with it.
2. Remove the bobbin case, bobbin, and hook from the machine if required for your model.
3. Turn off the Upper and Lower Thread Sensors in the Setup Program, or use Presser Foot Recognition (available on some models) and key in the correct foot. Lower the feed dog.
4. Place the fibers to be punched (wool roving, yarns, or decorative fibers) over the background fabric. If using wool roving, you may wish to pinch off small bits and pieces. Let your imagination be your guide...swirl yarns to resemble flowers, pinch roving to look like leaves, or simply lay the fibers on top of the fabric as desired to create an all-over design.
5. Quickly punch over the placed fibers to "baste" them in place.
6. Then, go over the same area several times until the fibers are punched completely through to the back of the background fabric.
7. To further enmesh the fibers into the fabric, punch once from the back, and then finish with a final punch to the front.

Tip: Felting creates more lint than general sewing.  
Clean and oil your machine after felting.



**Needle Punch Set  
for CB Hook Machines**



**Needle Punch Set #45**





# SASHIKO

Sashiko is a Japanese hand embroidery and quilting method. Sashiko designs are traditionally stitched in white thread on dark indigo fabric and are often based on a grid pattern. Use Cordonnet Foot #11 topstitching thread. The 2 mm groove on the sole of the foot cradles the heavy thread as you stitch, allowing it to move freely under the presser foot.

## Supplies & Settings

- One piece denim, & tear-away stabilizer, both 8" x 8"
- Topstitching thread or Cordonnet thread by Mettler
- Cotton or polyester thread in the bobbin (see below)
- Cordonnet Foot #11
- 90/14 or 100/16 Topstitch Needle
- Center needle position
- Stitch: Straight Stitch

## Sashiko

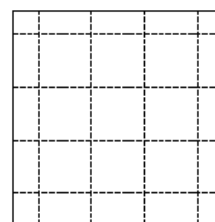
1. Thread the needle with Cordonnet or topstitching thread, and the bobbin with regular cotton or polyester construction thread. Note: If the color of the bobbin thread matches the fabric and the needle thread is contrasting, it will give the appearance of a hand-sewn running stitch.
2. Select Straight Stitch; adjust the stitch length to 3-4 mm as desired.
3. Using chalk or fabric marker, draw a 1" grid on the fabric. Use the grid to draw a design, using one of the diagrams as a guide.
4. Place the tear-away stabilizer on the wrong side of the fabric.
5. Stitch along the drawn lines. Try to stitch as continuously as possible to avoid an excessive number of thread ends. When all stitching is finished, pull the ends to the back and tie off.

## Sashiko Tips:

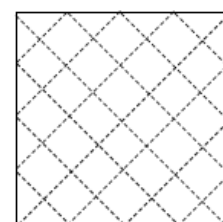
- If using the thread cutter, disengage the Securing Stitch to avoid thread jams when using heavy threads.
- Tension adjustments are usually not needed; however, it is occasionally necessary to slightly tighten the needle tension to get a perfect stitch.



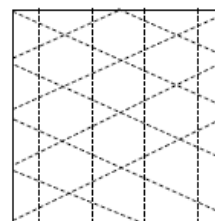
**Cordonnet Foot #11**



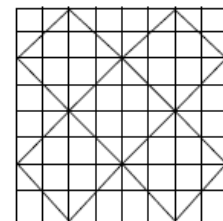
**Simple Grid**



**Classic Diamond**



**Woven Bamboo**



**Clamshell**

# SEWING CIRCLES

Drawing or stitching a circle is almost impossible to do but Circular Embroidery Attachment #83 makes it easy to sew a perfect circle.

## Supplies & Settings

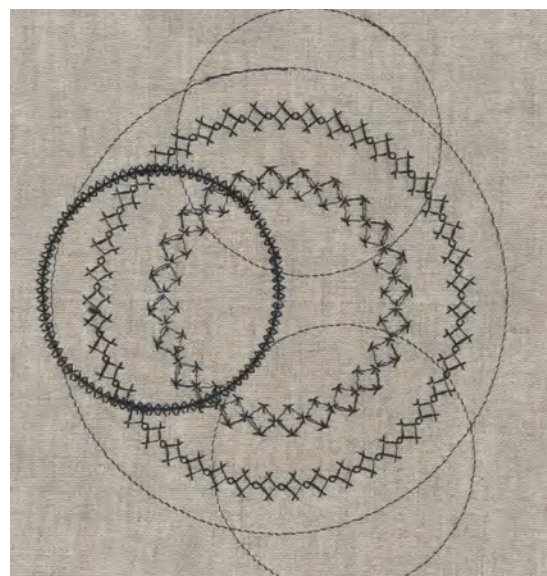
- One piece quilting cotton, one piece of stabilizer or batting, both 10" x 10"
- Cotton or polyester thread
- Circular Embroidery Attachment #83 and Open Embroidery Foot #20/20C/20D
- 80/12 Universal needle
- Center needle position
- Stitch: Straight Stitch and decorative stitches



Circular Embroidery Attachment #83

## Sewing Circles

1. Attach Circular Embroidery Attachment #83 to the bed of machine.
2. Attach Open Embroidery Foot #20/20C/20D to machine.
3. Fold the fabric in quarters to mark the center. Add 1-2 layers of tear-away stabilizer. **Note: If fabric is not stabilized well enough, the fabric will not move smoothly in a circle.**
4. Push fabric onto tack at center of the fabric square; put stopper over tack (careful: it's VERY sharp).
5. Slide the black tab to change the size of the circle.
6. Select Straight Stitch; sew a circle.
7. Remove the fabric from the tack and reposition it to stitch another circle. Change circle sizes, placement, and stitches as desired.



## Tips

- Fabric needs to be firm – stabilize well.
- Use the same presser foot you would use if sewing your chosen stitch or technique in a straight line.
- When sewing a decorative pattern, use an odd-numbered notch (count them as you move the slide) and the patterns will usually (not always) match.
- As you come full circle, press Pattern End so you will stop near the end but with a gap (about 1 pattern away). You can then judge how much space you need to fill. Use the Balance feature or Pattern Extend on your machine to adjust the last pattern to fill the space or carefully push or pull the fabric to match the patterns.
- When stitching letters, mount the attachment on both sides of needle so the letters will be readable on both the upper and the lower curves.