# My BERNINA

## Presser Feet & Accessories

## The Key to Great Technique

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# The Key To Great Technique!

**BERNINA** Presser Feet:

- are precision engineered for specific functions
- are Swiss-made for the highest quality
- are one-piece metal feet, making them strong and durable
- are easy to change with one hand, requiring no special tools
- have a white shank, for easier threading
- are, in some cases, modeled after commercial feet used in factories for increased speed and professional-looking results
- do the job intended in relation to all types of sewing (garment making, quilting, crafting, etc.)
- are supported by the best & most complete educational materials and the BERNINA USA website (www.berninausa.com)

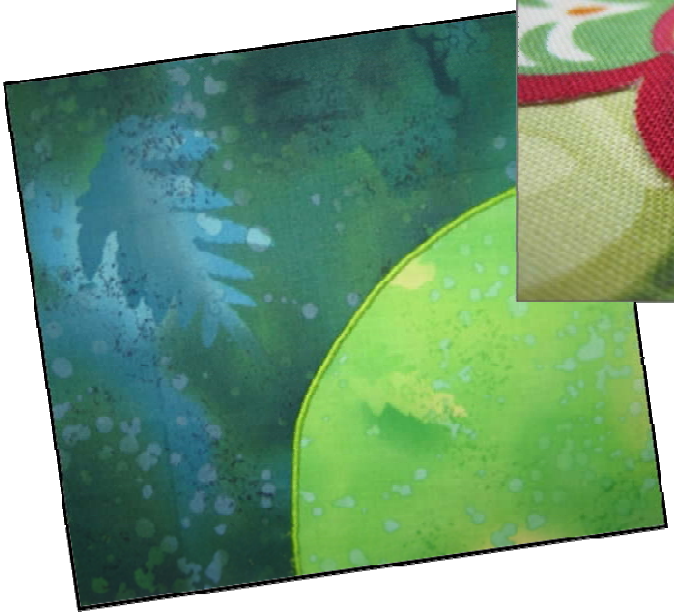
Why use so many presser feet and accessories?

1. Improve sewing skills—Presser feet designed to do a certain task help you to sew better, improving skills, often while doing nothing different than changing the foot!
2. Faster sewing, quicker results—Many presser feet and accessories were designed for factory use, where time and production are of major importance; gives you more time to sew!
3. More professional-looking projects—The right tools for the right job result in projects that are crafted with a look that does NOT say, “homemade.”
4. Offers more creative options—Sometimes the only way to accomplish a task is with a specialty presser foot; add new tricks to your sewing machine!

This workbook is designed to be used as a step-by-step guide to familiarize you with many of the BERNINA presser feet and accessories. Once you have completed the exercises designated for a particular foot or accessory, attach the sewn samples to the information pages (or add an extra mounting page as a facing page) and insert the pages into plastic page protectors to store in a 3-ring binder. They can then be used as a reference tool in the future as you use your machine and explore the creative possibilities it affords.

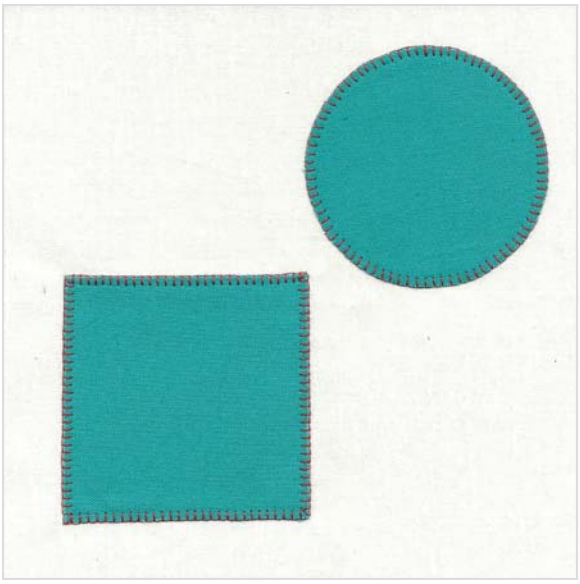
BERNINA strives to provide its customers with quality sewing machines, and informative publications and classes. Along with providing My BERNINA Classes, your local BERNINA dealer stocks BERNINA reference books. Plus, BERNINA of America, Inc. has websites offering free projects and a variety of articles and postings that appeal to all types of stitchers, no matter which machines are their favorites. Visit all of these and don’t forget the BERNINA of America blog where you can share ideas and inspiration with other BERNINA enthusiasts!

# Appliqué



# Blanket Stitch Appliqué

**Fabric:** One piece quilting cotton, 6” x 6” for base
Tear-Away Stabilizer, 6” x 6”
Quilting cotton, contrast for appliqué shape, 6” x 6”
Paper-backed fusible web, 6” x 6”
**Needle:** 80/12 Universal
**Thread:** Cotton, polyester, or rayon embroidery thread
**Needle Position:** Far Right or Far Left as needed
**BERNINA Presser Foot:** Open Embroidery Foot #20/20C/20D
**Stitch:** Blanket Stitch (sometimes called Pinstitch)



Following the manufacturer’s instructions, fuse paper-backed web to wrong side of fabric for appliqué shapes. Cut one 2½” square and one 2½” circle from this fabric.

Fuse the appliqué shapes to base fabric as desired. Place 1-2 layers of Tear-Away stabilizer behind the base fabric if needed to prevent tunneling and puckering.

Thread needle with embroidery thread of choice. Attach Open Embroidery Foot #20/20C/20D.

Select Blanket Stitch; adjust stitch width and length as desired. Mirror Image Vertical (R/L) if necessary (and available) so the horizontal stitches of the pattern fall on the appliqué shape.

Move the needle to the far left or right as needed; align the raw edge of the appliqué with the inside of the toe of the presser foot.

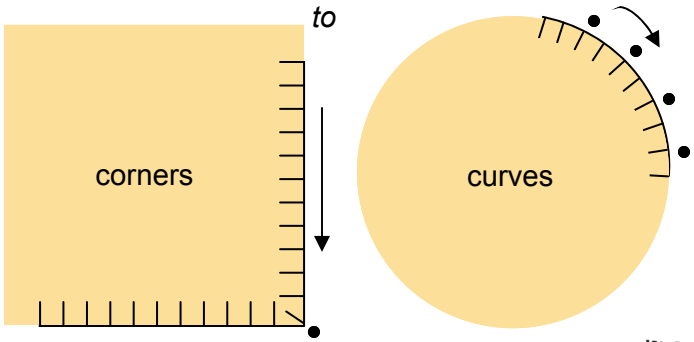
Stitch along all sides of the fused appliqué shape, with the straight portion of the stitch falling next to the raw edge and the horizontal swing stitching on the appliqué shape.

At corners, stop with the needle down in the fabric, pivot 45° and complete the stitch, stopping with the needle on the background fabric; continue stitching. Pivot another 45° and align the next side of the appliqué shape with the inside of the right toe of the presser foot.

Pivot around curves, keeping the straight portion of the stitch against the edge of the appliqué. *Note: Reduce motor speed to*

• = pivot points

Stop with needle in the fabric, lift foot and rotate slightly for curves & turn 90° for corners to align stitch with edge of shape. *Note: specific pivot points on curves will vary.*



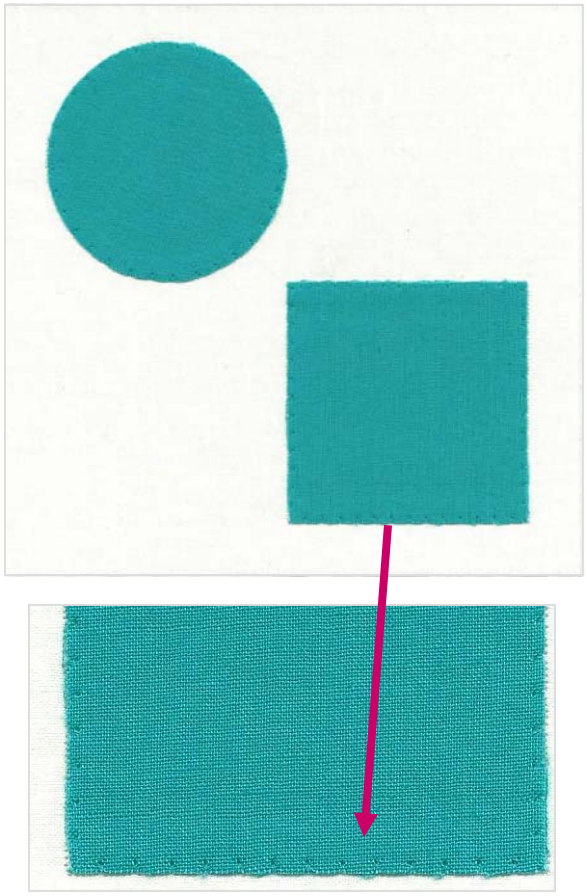

**Helpful Machine Features:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Adjustable Motor Speed
- Variable Stitch Width/Length

# Raw-Edge Invisible Appliqué

**Presser Feet & Accessories**

**Fabric:** One piece quilting cotton, 6” x 6” for base
Tear-Away Stabilizer, 6” x 6”
Quilting cotton, contrast for appliqué shape, 6” x 6”
Paper-backed fusible web, 6” x 6”
**Needle:** 80/12 Universal
**Thread:** Monofilament (“invisible”) thread
**Needle Position:** Far right or far left as needed
**BERNINA Presser Foot:** Open Embroidery Foot #20/20C/20D
**Stitch:** Hand-look Appliqué **or** Blindstitch



Following the manufacturer’s instructions, fuse paper-backed web to wrong side of fabric for appliqué shapes. Cut one 2½” square and one 2½” circle from this fabric.

Fuse the appliqué shapes to base fabric as desired. Place 1-2 layers of Tear-Away stabilizer behind the base fabric if needed to prevent tunneling and puckering.

Wind bobbin with monofilament thread. Thread machine with monofilament thread in needle and bobbin. Attach Open Embroidery Foot #20/20C/20D.

Select Hand-look Appliqué or Blindstitch; adjust stitch width to 1.5mm if necessary and length as desired. Mirror Image Vertical (R/L) if necessary (and available) so the horizontal stitches of the pattern fall on the appliqué shape.

Move the needle to the far right; align the edge of the appliqué with the inside of the right toe of the presser foot.

Stitch along all sides of the fused appliqué shape, with the straight portion of the stitch falling next to the raw edge and the horizontal swing stitching on the appliqué shape.

At corners, stop with the needle down in the fabric, pivot 90° and align the next side of the appliqué shape with the inside of the right toe of the presser foot. *Note: As you come to the corner, adjust the fabric (lift foot and move fabric forward or backward slightly as needed) so the straight stitch ends at the corner.*

Pivot around curves, keeping the straight portion of the stitch against the edge of the appliqué. *Note: A shorter stitch length and a slower motor speed make maneuvering curves easier.*

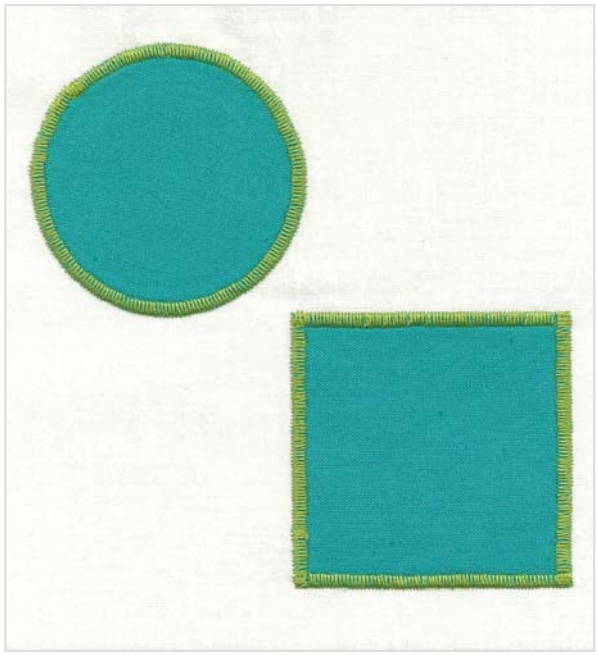
**Helpful Machine Features:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Adjustable Motor Speed
- Variable Stitch Width/Length

# Satin Stitch Appliqué

**Presser Feet & Accessories**

**Fabric:** One piece quilting cotton, 6” x 6” for base
Tear-Away Stabilizer, 6” x 6”
Quilting cotton, contrast for appliqué shape, 6” x 6”
Paper-backed fusible web, 6” x 6”
**Needle:** 80/12 Universal
**Thread:** Cotton, polyester, or rayon embroidery thread
**Needle Position:** Far Right
**BERNINA Presser Foot:** Clear Embroidery Foot #39/39C
**Stitch:** Zigzag



Following the manufacturer’s instructions, fuse paper-backed web to wrong side of fabric for appliqué shapes. Cut one 2½” square and one 2½” circle from this fabric.

Fuse the appliqué shapes to base fabric as desired. Place 1-2 layers of Tear-Away stabilizer behind the base fabric if needed to prevent tunneling and puckering.

Thread needle with embroidery thread of choice. Attach Clear Embroidery Foot #39/39C.

Select the zigzag stitch and adjust width as desired. Adjust length to 0.4-0.5mm. *Note: The weight of the thread can affect the stitch length setting needed for a satin stitch.*

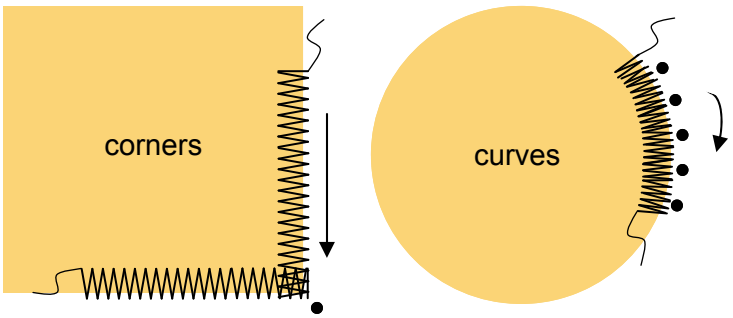
Adjust the needle tension slightly so that the upper thread pulls to the back and can be seen along the outer edges of the bobbin thread. *Tip: If using a model with a CB hook system, threading the finger of the bobbin case will help achieve this.*

Move the needle to the far right; align the edge of the appliqué with the inside of the right toe of the presser foot. Stitch along all sides of the fused appliqué shape, with most of the stitch falling onto the appliqué shape.

*Note: Reduce motor speed to make maneuvering curves easier*

● = pivot points

Stop with needle in the fabric, lift foot and rotate slightly for curves & turn 90° for corners to align stitch with edge of shape. *Note: specific pivot points on curves will vary.*



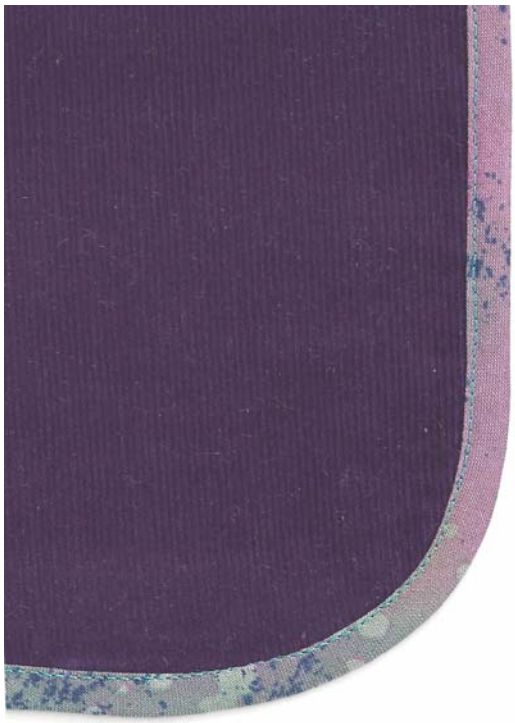

**Helpful Machine Features:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Adjustable Motor Speed
- Variable Stitch Width/Length

# Hems and Edge Finishes

# Binding: Bias Strips

**Fabric:** Two pieces firmly woven fabric, 6” x 6”
One bias strip, 24” length x the width listed below
**Needle:** 90/14 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** As directed below
**BERNINA Presser Foot:** Binder Attachment #88 and Binder Foot #95/95C
**Stitch:** Straight



Select the size Binder Attachment #88 desired and attach it to the bed of the machine according to directions included with binder.

| Binder Size | Bias Strip Size | Final Binding |
|---|---|---|
| 28 mm | 28 mm (scant 1-1/8”) | 7 mm (1/4”) |
| 32 mm | 32 mm (true 1-1/4”) | 8 mm (5/16”) |
| 38 mm | 38 mm (scant 1-1/2”) | 11 mm (7/16”) |

Cut the binding fabric into bias strips based on the above chart for your Binder Attachment size. For best results, stiffen the binding fabric with Best Press Starch Alternative before cutting.

Attach Bias Binder Foot #95/95C to the machine.

Feed the bias strip into the slot of the binder. Swing binder toward you if needed for easier insertion of the strip. *Tip: Use a stiletto or wooden skewer to encourage the fabric to feed into the binder.*

Raise the presser foot and pull the fabric through the binder so that the fabric extends completely under the foot.

Lower the presser foot and sew a few stitches. Adjust the needle position until the needle penetrates the binding edge as desired.

Place the two pieces of fabric wrong sides together and trim one corner in a rounded shape.

Position the fabric to be bound into the area between the folds of the bias and continue stitching, going from one corner, around the curve, and then to the next corner and off the fabric. Make sure that the bias strip can flow freely into the binder.

Check to ensure that the fabric is completely encased in the fold and that the stitching catches the fabric and the binding. Adjust needle position if necessary. *Note: Finished binding should be filled with project fabric edge.*

*Tip: Select a decorative stitch such as the Running Stitch or Feather Stitch to secure the bound edge.*

**Helpful Machine Features:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Corded Edge

**Fabric:** Two pieces medium weight fabric, 8” x 8” each
For swatch #1: Smooth decorative cord such as rattail
For swatch #2: Textured cords such as several stands of yarn and/or decorative fibers
**Needle:** 80/12 Universal
**Thread:** Monofilament (“invisible”) or polyester thread in a color that blends with the fabric and cord; same thread in needle & bobbin
**Needle Position:** Center
**BERNINA Presser Foot:** Bulky Overlock Foot #12/12C and Edgestitch Foot #10/10C/10D
**Stitch:** Zigzag and Blindstitch

**Swatch #1**
Fold one piece of fabric in half; the cord will be applied to the folded edge.

Attach the Bulky Overlock Foot #12/12C to the machine.

Place the smooth cord next to the folded edge of the fabric.

Position the fabric/cord under the foot so that the cord is in the tunnel that is on the bottom of the sole.

Select Zigzag Stitch; adjust stitch width so that the stitch is just wide enough to go over the cord with the left swing going into the fold of the fabric and the right one going over the cord and into the air.

**Swatch #2**
Fold the remaining piece of fabric in half; the yarns/cord will be applied to the folded edge.

Attach the Edgestitch Foot #10/10C/10D to the machine.

Twist several assorted strands of yarn together.

Place the textured yarn/fibers next to the folded edge of the fabric.

Position the fabric under the foot with the fold of the fabric aligned next to the left side of the guide of the foot; the yarn should be on the right of the guide.

Select the Blindstitch; engage Mirror Image, Vertical (R/L) or flip the fabric to so the vertical part of the stitch sews on the fabric and then the needle swings into the air for the horizontal stitch. Adjust the needle position to the right so the straight stitches are on the fold of the fabric.

Adjust the width so that the stitch is just wide enough to go over the cord with the left swing going into the fold of the fabric and the right one going over the cord and into the air. The openness of this stitch allows the texture of the yarn to remain intact; it can also create a “scalloped” effect on the edge of the fabric.

**Helpful Machine Features:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Adjustable Motor Speed
- Variable Stitch Width/Length
- Mirror Image, Vertical (R/L)

# Fringing

**Fabric:** Two pieces firmly woven fabric, 4” x 8” each
**Needle:** 80/12 Universal
**Thread:** Cotton, polyester, or rayon thread
**Needle Position:** Center
**BERNINA Presser Foot:** Tailor Tack Foot #7 ***and***
Clear Embroidery Foot #39/39C
**Stitches:** Zigzag ***and*** Decorative stitches as desired

Select Zigzag Stitch with a width of 5.5mm and a satin stitch length (0.4-0.5mm).

Loosen the upper tension 1-2 numbers as needed to form a high “tunnel” of thread.

Attach Tailor Tack Foot #7 to the machine. Insert a bobbin in a contrasting color to the needle thread.

Turn under ½” on one 8” edge of each fabric piece. Align folded edges side-by-side under the presser foot, right sides up.

Guide fabric into the center of the foot, one folded edge on each side of the center blade, so the needle pierces each fabric fold as the stitch is formed. Once the “tunnel” of thread has been formed, carefully hold the thread and slide the tunnel of thread off the back of the foot.

Carefully remove the bobbin thread: Turn the fabric wrong side up and carefully cut own the center of the tunnel of thread, making sure to avoid cutting the fabric or clipping the needle thread.

Gently separate the two pieces of fabrics, leaving them joined by strands of the upper thread. *Note: Do not pull hard!*

Change to Clear Embroidery Foot #39/39C. Align the fold of the fabric with the inner toe of the presser foot. Anchor the upper edge of the fringe to the fabric by oversewing it to the fabric, sewing halfway with a decorative stitch and remainder with a different decorative stitch. *Tips: Use Mirror Image, Vertical (R/L) if needed to place the stitch on the fabric, rather than the fringe. Adjust the needle position if needed to place the stitches on the fabric.*

After the fringe is secured on one side, the other fabric can be pulled Away and discarded. If needed, use tweezers to gently remove any remaining bobbin thread.

*Optional: Gently press fringe flat.*

**Helpful Machine Features:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Adjustable Motor Speed
- Variable Stitch Width/Length
- Mirror Image, Vertical (R/L)

# Jeans Hem

**Fabric:** Two pieces of denim, 5” x 4” each
**Needle:** Jeans, 100/16 or 110/18
**Thread:** Cotton or polyester construction thread
**Needle Position:** Center
**BERNINA Presser Foot:** Jeans Foot #8
**Stitch:** Straight ***and*** Triple Straight

Insert a Jeans needle and select Straight Stitch.

With right sides together, sew a ⅝” seam along one 4” side. Press seam to one side.

Select Triple Straight Stitch.

Topstitch the seam from the right side using the edge of the foot along the seam as a guide, and stitching through the seam allowances.

Select Straight Stitch.

Turn up the lower edge twice, about ½” each time.

Stitch the hem in place from the right side, guiding the folded edge of the hem along the ⅜” engraved marking on the stitch plate.

*Hint: Sew toward the “gradual rise” of thick seams rather than toward the thickest part of the seam. Use the Height Compensation Tool (included with your machine) to keep the presser foot level; this helps keep the foot in contact with the fabric, and the fabric in contact with the feed dog.*

**Helpful Machine Features:**

- DC Motor
- Stitch Plate Markings
- Needle Stop Down
- Free Hand System

# Narrow Hem

**Fabric:** One piece firmly woven fabric, 4 ”x 6”
**Needle:** 80/14 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** Center
**BERNINA Presser Foot:** Hemmer Foot of choice (see below)
**Stitch:** As directed below

Select one of the following hemmer feet and attach it to the machine.

#61 (2 mm zigzag)
#62 (2 mm straight stitch)
#63 (3 mm zigzag)
#64 (4 mm straight stitch)
#66 (6 mm zigzag)

*Note: Two samples are shown as examples of both a straight stitch and decorative stitch hemmer.*

2 mm Straight Stitch Hemmer Foot #62

Select a straight or zigzag stitch as desired. *Note: Feet #62 and #64* ***require*** *a straight stitch. The remaining feet may be used with either straight, zigzag, or other decorative stitch.*

Align edge of foot with edge of fabric, *wrong side up*; take 4-5 stitches. Lift foot and remove fabric, leaving long thread tails—no not cut the thread.

Hold thread tails in left hand, guiding fabric with right hand. Use thread tails to “pull” the fabric into the coil.

Lower the presser foot, and stitch; leave long thread tails at the end.

Use thread tails to guide fabric into the coil at the very end of the stitching.

6 mm Zigzag
Hemmer Foot #66

*Tips:*
- *Start with clean, rotary-cut edges.*
- *Spray starch and press the fabric edges*

**Helpful Machine Features:**
- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Seam Finish: Tricot Bound Edges

**Presser Feet & Accessories**

**Fabric:** One piece fleece or wool, 6” x 4”
6”-8” strip of tricot, Seams Great
**Needle:** 90/14 Universal
**Thread:** Cotton, or polyester construction thread
**Needle Position:** Far Left
**BERNINA Presser Foot:** Edgestitch Foot #10/10C/10D
**Stitch:** Zigzag

Sheer tricot binding covers raw seam allowances without adding bulk or stiffness to the fabric edge. The knit strip curls when stretched so it easily wraps around the fabric edge. This is a great seam finish for fleece, wool, and other thick fabrics.

Select the Zigzag Stitch, Width and Length of 3mm-4mm

Attach Edgestitch Foot #10/10C/10D to the machine.

Adjust the needle to the far left position.

Pull the tricot strip slightly to determine the direction in which it curls to make it easier to wrap the binding around the raw edge. Note: It may be helpful to offset the tricot slightly, placing a bit more of the binding under the edge than on top of it, since the underside will not be visible while stitching.

With the wrapped raw edge next to the guide, stitch, catching the top and bottom layers of the tricot in the stitching.

**Helpful Machine Features:**

- Pattern Begin
- Needle Stop Down
- Free Hand System

# Scallops-Off-The-Edge

**Presser Feet & Accessories**

**Fabric:** One piece medium weight cotton, 6” x 4”
Narrow cording (gimp, perle cotton)
**Stabilizer:** BadgeMaster, 1 strip, 6” x 2”
**Needle:** 90/14 Universal
Thread: Cotton, polyester, or rayon embroidery thread
**Needle Position:** Center
**BERNINA Presser Foot:** Clear Embroidery Foot #39/#39C

Fold the fabric in half lengthwise.

Attach Clear Embroidery Foot #39/#39C to the machine.

Select Satin Scallop Stitch; use the preprogrammed length but vary the stitch width if desired (will make the scallops shorter or longer). *Note: If using Foot #39C, do not adjust the stitch width beyond 8mm as the scallops will be too shallow to stitch into the fabric.*

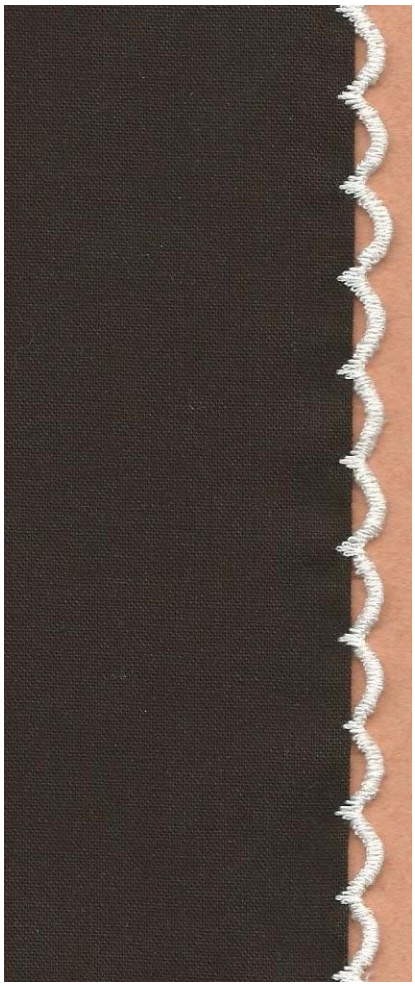
Thread the cord through the hole In the front of the presser foot.

Lay the edge of the Stabilizer under the folded edge with most of it showing beyond the fold.

Begin stitching on the stabilizer; the cord will be drawn into the scallop stitching. (The scallop actually forms over the cord.) Continue stitching, guiding the fabric under the foot so that only 2-3 stitches at the “V” of the scallop stitch into the fold.

Sew off-the-edge scallops the entire length of the folded edge.

Carefully remove stabilizer from completed scallops. Wet a cotton swab and use it to moisten the scallops on the front and back. Carefully pull the BadgeMaster by holding on to the scallops with one hand and gently tearing the stabilizer away from the stitching.



**Helpful Machine Features:**

- Pattern Begin
- Needle Stop Down
- Free Hand System

# Shell Hem

**Fabric:** One piece nylon tricot, 6” x 4”
**Stabilizer**: OESD AquaFilm stabilizer
**Needle:** 80/12 Universal
**Needle Position:** As needed
**BERNINA Presser Foot:** Shell Hemmer Foot #68 or #69
**Stitch:** Blindstitch or Overlock Stitch

Attach Shell Hemmer Foot #68 or #69 to the machine.

Select Blindstitch (SW 4mm; leave SL at default setting). Engage Vertical (Left/Right) Mirror Image function if available.

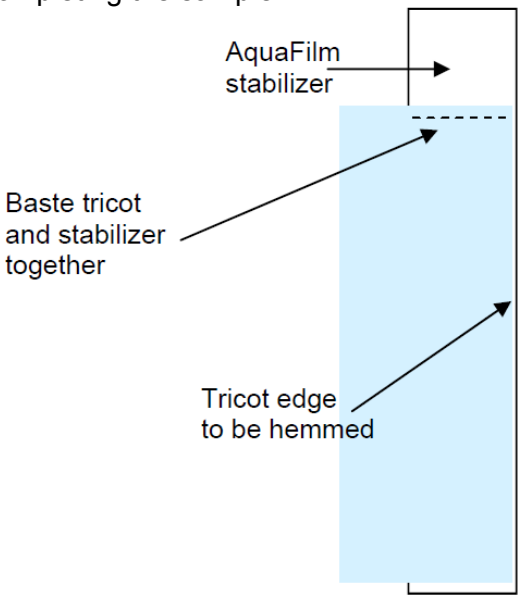
*Alternative: Select the Overlock Stitch (SW 4mm, SL 3.5 mm). Note: The longer the stitch length, the larger the shells.*

Pull on the fabric a bit to see which way the edge curls. Be sure to hem “with the curl” rather than against it.

Place a small piece of AquaFilm under the edge of the hem, extending about 2” beyond the back edge of the fabric; baste layers together along the back edge.

Using the AquaFilm as a “handle”, twirl the stabilizer into the scroll of the hemmer foot – the Aqua Film is stiff enough to easily move into the coil. Begin stitching, using the Aqua Film to guide the fabric edge into the coil of the foot.

If necessary, increase/tighten the needle thread tension to create more defined scallops. Remember to return to normal setting after completing the sample.



**Helpful Machine Features:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Mirror Image (if needed)

# Trimmed Edges

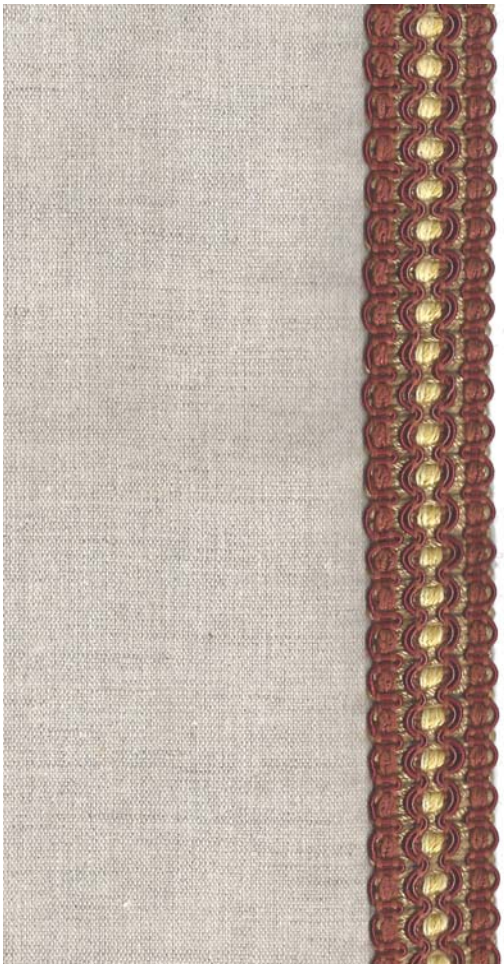
**Fabric:** One piece drapery/upholstery weight cotton, 6” x 4”
Heavy decorative trim
**Needle:** 90/14 Universal
**Thread:** Cotton, or polyester construction thread
**Needle Position:** Center
**BERNINA Presser Foot:** Piping Foot #38
**Stitch:** Straight

Attach Piping Foot #38 to the machine. *Note: This foot is designed to work with a center needle position only. Using other positions may cause the needle to strike the foot, break the needle, and possibly damage the machine.*

Position the header of the trim on the fabric, about ½” up from the edge.

Position the fabric/trim under the needle with the “thick” part of the sole on the fabric and the “thin” part of the sole on the header of the trim. The presser foot evens out the surface, letting the foot ride smoothly rather than wobble along an uneven surface.

Sew along the header to attach the trim to the fabric.



**Helpful Machine Features:**

- Pattern Begin
- Needle Stop Down
- Free Hand System

# Patchwork and Quilting

**Fabric:** Two pieces medium weight cotton, 10” x 10” each and
One 10” square of low-loft batting
**Needle:** 80/12 Universal
**Thread:** Cotton quilting thread
**Needle Position:** Center
**BERNINA Presser Foot:** Freehand Quilting Foot #29/29C
**Stitch:** Straight

Attach desired free-motion presser foot to machine; lower feed dog.

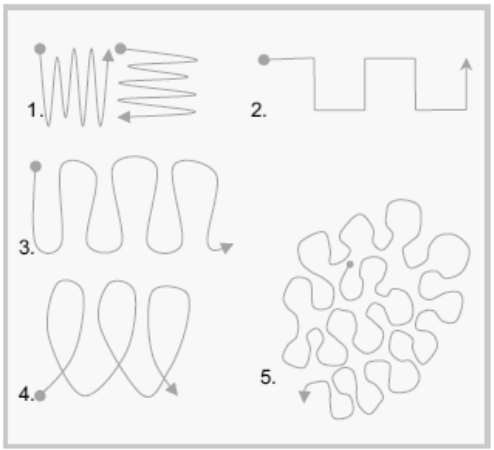
Create a “quilt sandwich” by placing batting between the fabric squares, wrong sides to the batting. Use a temporary adhesive spray to “baste” the layers together.

Thread the needle with cotton quilting thread. Select Straight Stitch and lower the feed dog.

Position one hand on each side of the square and practice the shapes shown below on the diagram. Cover the quilt sandwich with these shapes as desired.

1. Move the fabric in a forward/back motion and a side-to-side motion.
2. Move hands from side to side, then top to bottom, keeping the lines perpendicular to each other.
3. Move hands in smooth curves from left to right.
4. Move hands in cursive “l” shapes.
5. Create stippling shapes – think of interconnecting puzzle pieces with evenly sized “bumps.” Avoid “painting” yourself into a corner and/or stitching across a previously stitched line.

*Tip: Adjust the motor to half speed and sew with your foot pressing the foot control all the way down. This gives you better control and one less thing to think about as you are moving the fabric.*




**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Adjustable Motor Speed

**Fabric:** Nine 2½" squares of firmly woven fabric (5 dark & 4 light) and
Three 6½" squares of quilting cotton and
Two 6½" squares of low loft batting
**Needle:** 80/12 Universal
**Thread:** Cotton quilting thread
**Needle Position:** Center
**BERNINA Presser Foot:** Triple Sole Walking Foot #50
**Stitch:** Straight

*Note: When using Walking Foot #50 with 8 series machines, manual threading is required.*

Using the directions on the page 22, create a 9-Patch square.

Create a "quilt sandwich" by placing batting between patchwork and backing square, wrong sides to the batting.

**Stitch-in-the-Ditch**
Attach the Center Guide Sole to Walking Foot #50 and attach the foot to the machine.

Select Straight Stitch and position the quilt sandwich under the needle with the center guide of the foot aligned with one of the vertical seam lines.

Stitch along the seam line, keeping the guide in the well of the seam. Reposition the fabric on the second vertical seam line and stitch. Repeat this process on the horizontal seam lines.

**Channel**
Create a "quilt sandwich" by placing batting between two squares of fabric, wrong sides to the batting.

Attach the Open Sole to Walking Foot #50 and attach the foot to the machine.

Insert one of the guides included with Walking Foot #50 to back of the foot and adjust it to be 1" from the needle; tighten the screw to secure the guide.

Align the guide with the edge of the fabric and sew one line of stitching. After the first line is complete, reposition the guide to align with the first line of stitching. Stitch a second line parallel to the first. Continue until the entire swatch is covered with parallel vertical lines.

*Optional: To create a grid, turn the fabric and sew a series of lines across the first series, using the directions above.*

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

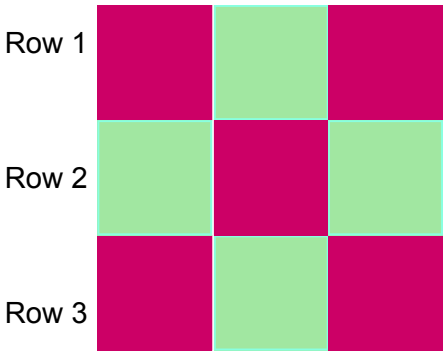
**Presser Feet & Accessories**

**Fabric:** Nine 2½" squares of firmly woven fabric (5 dark & 4 light)
**Needle:** 80/12 Universal
**Thread:** Cotton quilting thread
**Needle Position:** Center
**BERNINA Presser Foot:** Patchwork Foot #37 and/or
Patchwork Foot with Guide #57/57D
**Stitch:** Straight

Place one dark and one light square right sides together and stitch using Patchwork Foot #37 ***or*** Patchwork Foot with Guide #57 and a ¼" seam allowance:

Patchwork Foot #37—Align the edge of the foot with the raw edges of the fabric and sew

Patchwork Foot with Guide #57—Align the edge of the guide with the raw edges of the fabric and sew




Press seams to one side toward the dark fabric; seam a second dark square on the opposite of the light to complete the row 1.

Stitch row 2 with two lights and a dark between them; stitch row 3 the same as row 1.

Join the three rows to complete a block, 5" square. Intersecting seams should go in "opposing" directions, nesting against each other.

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

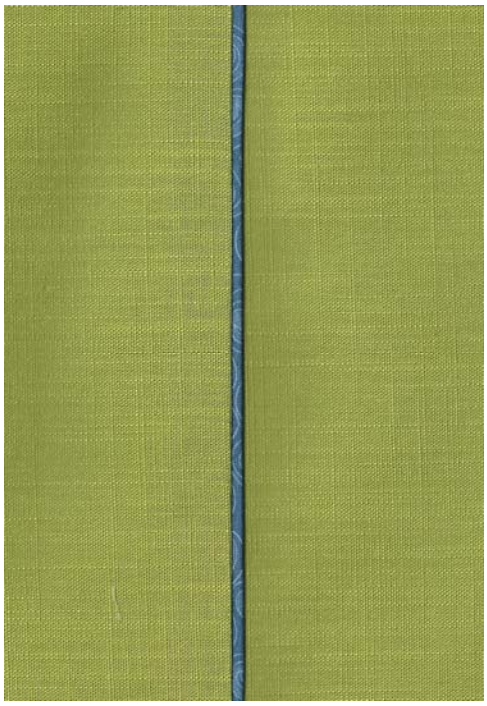
# Piping

# Mini Piping

**Fabric:** One piece firmly woven fabric, 6” x 4” *and*
One bias strip, 2” x 15” and
18” length of gimp or other narrow 2mm cord
**Needle:** 90/14 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** As directed below
**BERNINA Presser Foot:** Clear Appliqué Foot #23
**Stitch:** Straight Stitch

Attach Clear Appliqué Foot #23 to the machine.

**Covering the Cord:**
Fold wrong side of bias strip around filler cord and position it under the presser foot with the cord riding in the 2mm groove in the center of the sole of the foot.



Select Straight Stitch; adjust the needle position to sew next to, but not into the cord. Sew alongside the cord, creating a ⅝” seam. Trim seam allowance if necessary.

Once piping is covered, it is ready to be inserted into a seam.

*Covered Cord Tips:*

- *Fabric strips should be cut 1¼” plus the circumference of the cord being used. Trim the 2” strip, if needed, to work with the cording being used. This should result in a ⅝” seam allowance on the finished piping.*
- *Strips for covering cord are generally cut on the bias (diagonal); however, crosswise and lengthwise strips may be used if there are no corners to turn or curves to maneuver.*

**Attaching Piping:**
Cut the other piece of fabric in half, making two 2” x 6” pieces.

Matching raw edges, place piping along the long edge of one fabric piece. Using the same machine settings as above, sew along the side of the cord on top of the previous stitching.

**Inserting Piping:**
Matching raw edges, place the second fabric piece right sides together with piping and first piece.

Position fabric/piping under presser foot; adjust needle one position closer to center. *Note: By adjusting the needle position, the previous stitching will not be seen on the finished project.*

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Piping

**Fabric:** One piece firmly woven fabric, 6” x 6” *and*
One bias strip, 2” x 9” and
10” of filler cord
**Needle:** 90/14 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** As directed below
**BERNINA Presser Foot:** Bulky Overlock Foot #12/12C
**Stitch:** Straight

Attach Clear Bulky Overlock Foot #12/12C to the machine.

**Covering the Cord:**
Fold wrong side of bias strip around filler cord and position it under the presser foot with folded edge to the left and the cord under center of foot so it rides in the large groove.

Use a straight stitch and adjust the needle to the far right so it stitches beside the cord (align with engraved line on top of the sole). Begin stitching; stitches will be sewn alongside cord, creating a ⅝” seam. Trim seam allowance if necessary.

Once piping is covered, it is ready to be inserted into a seam.

*Covered Cord Tips:*

- *Fabric strips should be cut 1¼” plus the circumference of the cord being used. This should result in a ⅝” seam allowance on the finished piping.*
- *Strips for covering cord are generally cut on the bias (diagonal); however, crosswise and lengthwise strips may be used if there are no corners to be turned or curves to maneuver.*

**Attaching Piping:**
Cut the piece of fabric in half, making two 3” x 6” pieces.

Matching raw edges, place piping along the long edge of one fabric piece. Using the same machine settings as above, sew along the side of the cord on top of the previous stitching.

**Inserting Piping:**
Matching raw edges, place the second fabric piece right sides together with piping and first piece.

Position fabric/piping under presser foot; adjust needle one position closer to center. *Note: By adjusting the needle position, the previous stitching will not be seen on the finished project.*

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Piping Corners & Curves

**Presser Feet & Accessories**

**Fabric:** Two pieces firmly woven fabric, 6” x 6” each and
One bias strip, 2” x 30” and
30” of filler cord
**Needle:** 90/14 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** As directed below
**BERNINA Presser Foot:** Bulky Overlock Foot #12/12C
**Stitch:** Straight

Attach Clear Bulky Overlock Foot #12/12C to the machine.

**Covering the Cord:**
Cover the cord with the bias strip following the directions found on page 29. Cut the covered cord into two equal pieces, one for each fabric square.

**Piped Corners:**
Mark the point at each corner where the seam allowances intersect on one fabric square.

Following the directions on page 29 for attaching piping, sew one piece of piping to one edge, *stopping at the marked point with the needle in the fabric*.

Clip the seam allowances of the piping up to, but not through, the stitching.

Pivot the fabric 90°, then pull the piping around to align with the second edge.

Continue stitching to the second corner.

**Piped Curves:**
Using the second square of fabric, trim one corner into a curve.

Following the directions on page 29 for attaching piping, sew the remaining piece of piping to one edge, *stopping with the needle in the fabric at the beginning of the curve.*

Clip the seam allowances of the piping, clipping enough length to go around the curve. Continue stitching, shaping the piping to fit around the curve.

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Pleats, Tucks and Ruffles

# Gathering

**Fabric:** Three pieces medium weight cotton, one 3” x 6” and two 4” x 12”
**Needle:** 80/12 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** As indicated below
**BERNINA Presser Foot:** Wide Gathering Foot #16 **or** Extra-wide Gathering Foot #16
**Stitch:** Straight

Attach the gathering foot to the machine.

Select Straight Stitch; adjust stitch length to 5mm.

**Swatch #1**
Place one 12” length of fabric right side up under foot. Align edge of fabric with ⅝” mark on the stitch plate. Stitch the length of the fabric; it will gather as it goes under the presser foot.

**Swatch #2**
Place the remaining 12” length of fabric right side up under foot. Align edge of fabric with ⅝” mark on the stitch plate. Stitch 2”-3”; stop.

Insert the 6” length of fabric right side down into the slot of the foot, with the raw edge against the right side of the slot.

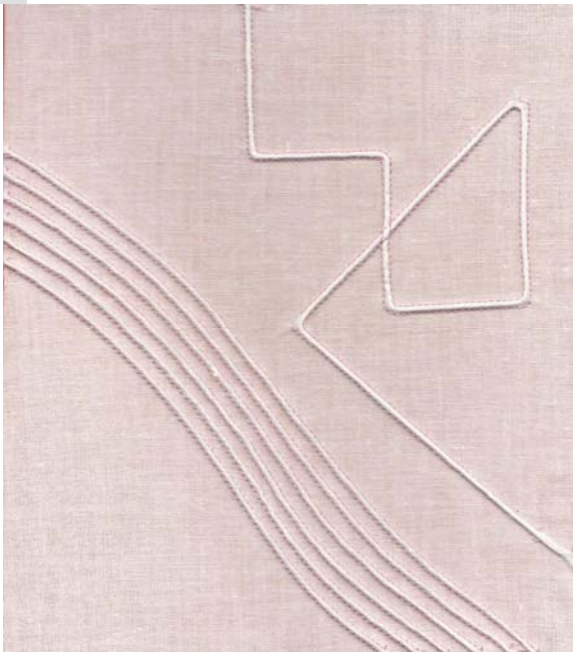
Continue stitching, carefully guiding both pieces of fabric. Guide fabric that is being gathered with the left hand, flat fabric with the right hand. Note that fabric being gathered moves under the foot much faster than the flat, top layer. *Tip: Reduce motor speed to help keep the fabric under control.*

*Note: There are three things that affect the amount of gathers:*
***Fabric Weight**—The lighter weight the fabric, the more it gathers.*
***Tension**—Increased upper tension increases the amount of gathering.*
***Stitch Length**—The longer the stitch length, the tighter the gathers. Use the basting stitch or the Long Stitch function to increase gathers in heavier weight fabrics such as woolens and corduroys.*

**Helpful Machine Functions:**
- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Adjustable Motor Speed

# Pintucks

**Fabric:** One piece lightweight cotton, 6” x 8”, starched and
Gimp cord or other colorfast, shrink-proof cord
**Needle:** Double Needle (size should correspond to foot—see below)
**Thread:** Two spools of cotton or polyester thread
**Needle Position:** Center
**BERNINA Presser Foot:** Pintuck Foot #30, #31, #32, or #33
**Stitch:** Straight



Insert Double Needle into the machine and thread with 2 spools of thread. *Note: Thread the machine holding both threads as one except at the tension disc (place one thread on each side) and at the last guide before the needle (put one thread in the guide and bypass the guide with the other thread). See your owner’s manual for specific threading instructions for your model. Note: 8 Series machines must be threaded manually*

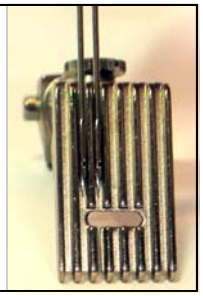
Select Straight Stitch; adjust stitch length to 1.75mm-2mm. Engage Security Program if available and select appropriate Needle option to limit the stitch width, helping to avoid needle breakage. Attach selected Pintuck Foot.

**Parallel Pintucks**
Start sewing in one corner and meander across fabric. Sew 5-6 more rows, evenly spaced across one corner of fabric. Position the previously sewn pintuck in any groove of the foot.

**Corded Pintucks**
Thread machine as above, using the same thread in both needles and the bobbin. Feed the small cord up through the bobbin area door (leave it open) and into the small round hole in the stitch plate.
*Note: This option is not available on the BERNINA 830; attach the included Cord Guide to the bed of the machine and thread the cord through the guide. This accessory also fits all other models.*

It is not possible to turn a right angle corner in one step with a double needle. To turn corners, use the following steps:
- Sew to corner; needle in fabric, drop feed dog.
- Turn 45°, take 1 stitch, lower needles into fabric, turn another 45°.
- Raise feed dogs and continue. Sew 4-6 random corners, similar to the shown swatch.

*Tip: Match the width between the needles to the size of the grooves. The two needles should lay side-by-side in the grooves on the bottom of the sole.*

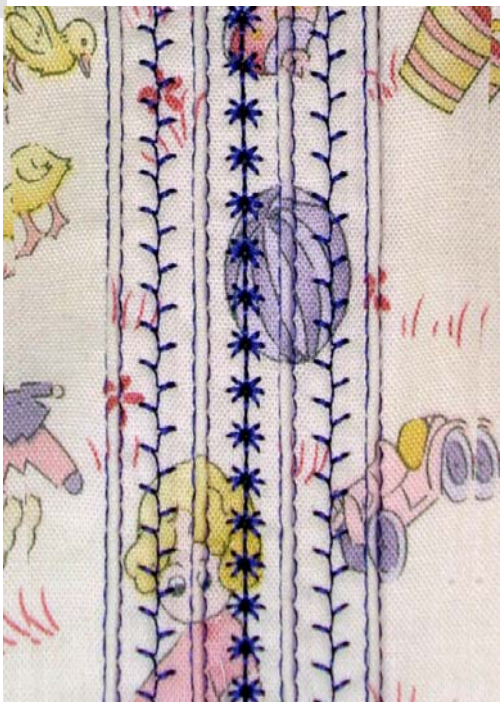


**Helpful Machine Functions:**
- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Security Program

# Pintucks with Decorative Stitches

**Presser Feet & Accessories**

**Fabric:** One piece, medium weight cotton fabric, 6” x 6” and
1 yard narrow cording (gimp, perle cotton) and
1-2 pieces of Tear-Away stabilizer, 6” x 6” each
**Needle:** 3.0mm Double Needle and 80/12 Universal needle
**Thread:** Two spools of cotton or polyester thread and
One spool of cotton, polyester or rayon embroidery thread
**Needle Position:** Center
**BERNINA Presser Foot:** Pintuck Foot #46C
**Stitch:** Straight and various decorative stitches



Insert Double Needle into the machine and thread with 2 spools of thread. *Note: Thread the machine holding both threads as one except at the tension disc (place one thread on each side) and at the last guide before the needle (put one thread in the guide and bypass the guide with the other thread). See owner’s manual for specific threading instructions for your model.*

Select Straight Stitch; adjust stitch length to 1.75mm-2mm. Engage Security Program if available and select appropriate Needle option to limit the stitch width, helping to avoid needle breakage. Attach Clear Pintuck Foot #46C.

Feed the small cord up through the bobbin area door (leave it open) and into the small round hole in the stitch plate.
*Note: This option is not available on the BERNINA 830; attach the included Cord Guide to the bed of the machine and thread the cord through the guide. This accessory also fits all other models.*

Find the approximate center of the fabric swatch; finger press to mark. Position the fabric under the foot with the edge of the foot aligned with the center crease. Stitch a pintuck parallel to the center crease.

Move the fabric so that the stitched pintuck is aligned in the outer groove of the foot. Stitch a second pintuck parallel to the first. Repeat on the opposite side of the center crease for a total of 4 pintucks.

After all of the pintucks are stitched, place 1-2 layers of Tear-Away stabilizer behind the fabric.

Replace the Double needle with a single one and thread the machine with embroidery thread. Select the desired decorative stitch(es) and sew in the spaces between the pintucks, aligning the pintucks in the grooves on the bottom of the sole. *Note: The Star/Daisy Stitch was used in the center of the sample and the Feather Stitch was used on the sides. If stitching decorative stitches with Foot #46C, select open patterns. For more compact stitches, switch to Open Embroidery Foot #20/20C/20D.*

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Security Program

# Pleating

**Fabric:** One piece ribbon, ⅝" x 15"
**Needle:** 80/12 Universal needle
**Thread:** Cotton, polyester or rayon embroidery thread
**Needle Position:** Center
**BERNINA Presser Foot:** Ruffler #86
**Stitch:** Straight

Attach Ruffler Attachment #86 to the machine. *Note: When using Ruffler Attachment #86 with 8 series machines, manual threading is required.*

Set the adjustment lever on the attachment at 6.

Select Straight Stitch (SW = 0mm, SL= 1mm to 5mm). The longer the stitch length, the deeper the pleats will be. *Note: Sew test strips until the ruffle looks suitable. The weight of the fabric and the length of the stitch can affect how much or how little a fabric gathers.*

Feed the ribbon into the ruffler as shown and sew down the center.

After stitching, press the ribbon to flatten the pleats.

**Helpful Machine Functions:**

- Needle Stop Down
- Free Hand System

# Ruffling

**Fabric:** Two pieces medium weight cotton, one 3” x 6”, one 4” x 18”
**Needle:** 80/12 Universal
**Thread:** Polyester or cotton construction thread
**Needle Position:** Center
**BERNINA Presser Foot:** Ruffler Attachment #86
**Stitch:** Straight

Attach Ruffler Attachment #86 to the machine. *Note: When using Ruffler Attachment #86 with 8 series machines, manual threading is required.*

Set the adjustment lever on the attachment at 1.

Select Straight Stitch (SW = 0mm, SL= 1mm to 5mm). The longer the stitch length, the deeper the pleats will be. *Note: Sew test strips until the ruffle looks suitable. The weight of the fabric and the length of the stitch can affect how much or how little a fabric gathers.*

Place the 18” length of fabric (the piece to be ruffled) *wrong Side* up between the two blades, snugging it against the edge of the seam guide slot, making sure it is slightly beyond the needle.

Lower the foot and begin sewing; stitch for 2” to 3”. If gathers are too deep, turn the adjusting screw counter clockwise; if too shallow, turn the screw clockwise.

After sewing a few inches, place the 6” strip right side up under the ruffler, next to the feed dog. Continue sewing; the long strip will continue to ruffle and will be sewn to the un-gathered short strip at the same time. *Tip: Gently guide the ruffled fabric with your left hand and the flat fabric with your right.*

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Adjustable Motor Speed

# Narrow Tucks

**Fabric:** Two pieces medium weight cotton, 6” x 6” each
**Needle:** 80/12 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** As directed below
**BERNINA Presser Foot:** Edgestitch Foot #10/10C/10D
**Stitch:** Straight

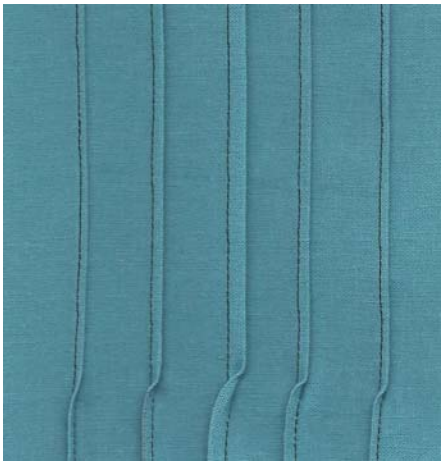
**Swatch #1: Vertical Tucks**
Fold the fabric in half; crease to mark the center.

Using a fabric marker, draw 2 lines on each side of the center line about 1” apart. Fold along each line and crease.

Fold fabric along one line. Place fold to the left of the center blade of Foot #10/10C/10D, with the fold against the blade.

Move needle position all the way to the left; sew the length of the fabric to form a tuck.

Repeat for the remaining lines, adjusting the needle position to form various widths of tucks as desired. Press tucks to one side. *Note: Very narrow tucks are easily stitched with this foot by adjusting the needle position.*



**Swatch #2: Grid Tucks**
Create a swatch of vertical tucks, following the directions above.

Fold the fabric in half; crease to mark the horizontal center of the swatch.

Using a fabric marker, draw 2 lines on each side of the center line about 1” apart. Fold along each line and crease.

Fold fabric along one line. Place fold to the left of the center blade of Foot #10/10C/10D, with the fold against the blade.

Move needle position all the way to the left; sew the length of the fabric to form a tuck.

Repeat for the remaining lines, adjusting the needle position to form various widths of tucks as desired. Press tucks to one side.

*Note: When stitching over the vertical tucks, make sure they are all facing the same direction.*

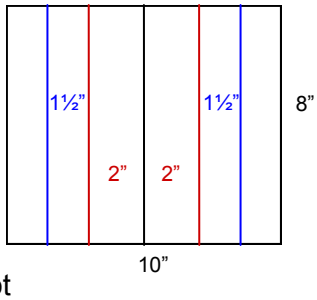
**Helpful Machine Functions:**

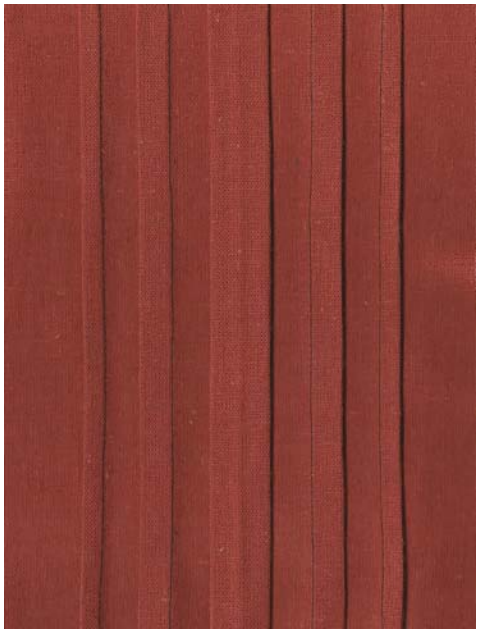
- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Wide Tucks

**Fabric:** Medium weight cotton, 10” x 8”
**Needle:** 80/12 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** As directed below
**BERNINA Presser Foot:** Clear Foot #34/34C/34D and
Patchwork Foot with Guide #57/57C and
Zipper Foot with Guide #54
Seam Guide
**Stitch:** Straight

- Fold the fabric in half along the 8” side; crease to mark the center.
- Using a fabric marker, draw a line or mark a crease 2” on each side of the center line.
- Draw or crease 2 more lines, about 1½” from the previous lines.



*Center Box Tuck*
Attach the seam guide to the back of Clear Foot #34/34C/34D, extending it from the right side; adjust it to be ¾” from the needle.

Fold fabric along center crease. Position the fabric under the needle with the edge of the guide aligned with the fold of the fabric.

Sew the length of the fabric to form a tuck; this will later be pressed to form a box tuck.

*Side Tucks*
Attach Zipper Foot with Guide #54 to the machine. Slide the guide to the far right; Adjust the needle position to the far right.

Fold fabric along one of the lines next to the center tuck. Position Zipper Foot with Guide #54, aligning the guide of the foot with the fold of the fabric.

Sew the length of the fabric to form a tuck. Repeat for the line on the opposite side of the center tuck

*End Tucks*
Attach Patchwork Foot with Guide #57/57C to the machine.

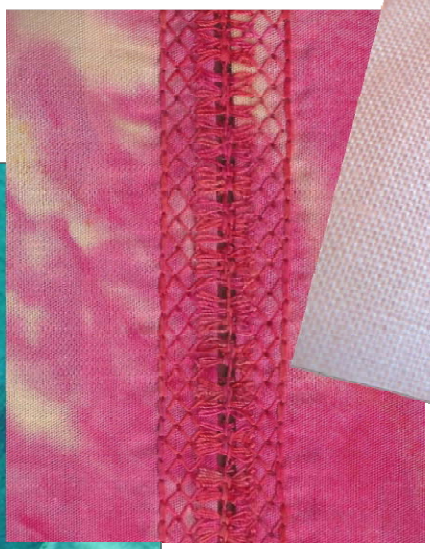
Fold fabric along one of the end lines. Position Patchwork Foot with Guide #57/57C aligning the guide of the foot with the fold of the fabric.

Sew the length of the fabric to form a tuck. Repeat for the line on the opposite side of the center tuck.

*Pressing*
Align the center line of the box tuck with the seam. Press flat to form the box tuck. Press the side and end tucks away from the center tuck.

**Helpful Machine Functions:**
- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

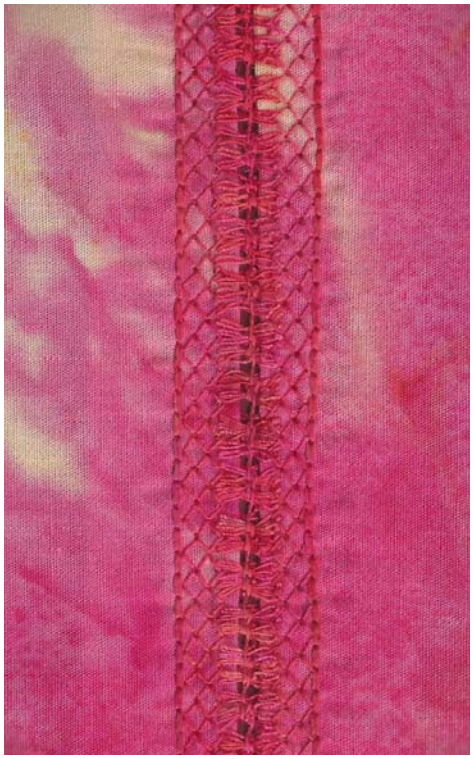
# Seams



# Fagoting and Bundling

**Presser Feet & Accessories**

**Fabric:** Two pieces firmly woven fabric, 4” x 6” each and
Tear-away stabilizer if needed
**Needle:** 80/12 Universal
**Thread:** Cotton, polyester, or rayon embroidery thread
**Needle Position:** Center
**BERNINA Presser Foot:** Tailor Tack Foot #7
Open Embroidery Foot #20/20C/20D
**Stitches:** Zigzag
Triple Straight Stitch
Decorative Stitches as desired



*Stitches shown: Honeycomb Stitch next to fagoting with Triple Straight Stitch along the outer edges*

**Fagoting**
Thread the machine with the same thread in the bobbin and the needle. Attach Tailor Tack Foot #7 to the machine.

Select Zigzag Stitch with a width of 5.5mm and a satin stitch Length (0.4-0.5mm). *Note: The longer the stitch length, the more sparse the fagoting will be.*

Engage Needle Stop Down and reduce the motor speed if these functions are available on your model.

Loosen the upper tension 1-2 numbers as needed to add slack in the thread, forming a high “tunnel” of thread. The lower the tension, the higher the loop.

Place fabrics right sides together; sew ⅝” from one 6” edge, sewing slowly (adjust motor to ½ speed, if available).

Once the “tunnel” of thread has been formed, carefully hold the thread and slide the tunnel of thread off the back of the foot. Carefully pull the two layers firmly apart; press seam open.

**Bundling**
Change to Open Embroidery Foot #20/20C/20D for better visibility.

To “bundle” the fagoting stitches, select the Triple Straight Stitch, center the foot over the fagoting stitches, and sew through the middle of the thread.

**Anchoring**
Stabilize stitching area with tear-away stabilizer if necessary. From the right side, anchor the fagoting to fabric on either side with decorative stitches, sewing through the seam allowance.
*Note: Adjust stitch width and length as desired; engage Mirror Image (if available) as needed; alter needle position as desired.*

Trim any excess seam allowance if necessary.

**Helpful Machine Functions:**

- Adjustable Motor Speed
- Needle Stop Down
- Mirror Image
- Variable Stitch Width/Length
- Mirror Image, Vertical (R/L)
- Easy-to-adjust tension settings

# Flat Joining Seam

**Presser Feet & Accessories**

**Fabric:** Two pieces terry cloth, 4” x 6” each
**Needle:** 80/12 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** Center
**BERNINA Presser Foot:** Open Embroidery Foot #20/20C/20D
**Stitches:** Stretch Overlock or
Towelling Stitch

Select Stretch Overlock Stitch. Widen the stitch to the maximum width that your presser foot allows (5.5mm or 9mm).

Attach Open Embroidery Foot #20/20C/20D to the machine.

Thread the machine using the same thread in the needle and the bobbin.

Cut a ⅝” seam allowance off one piece of fabric along one long edge.

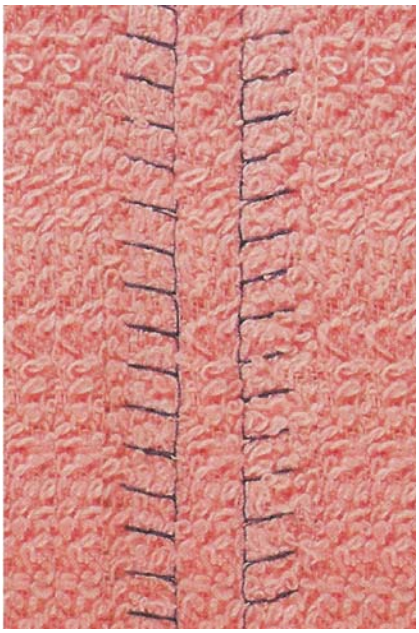
Mark a line on the other piece of fabric, ⅝” from one long edge. This will be the right-hand piece of fabric.

Overlap the fabric edges left over right, aligning the left raw edge with the drawn line on the right-hand piece.

Align the cut edge of the fabric with the inner toe of the presser foot. Stitch along the raw edge.

Turn the fabric over and stitch along the remaining raw edge.

*Tip: If the fabric “drags” and has trouble feeding under the presser foot, lighten the pressure of the presser foot slightly (1 or 2 settings).*



**Helpful Machine Functions:**

- Needle Stop Down
- Free Hand System
- Variable Stitch Width
- Presser Foot Presser Adjustment

# Flat-Felled Seam

**Fabric:** Two pieces firmly woven fabric, 4” x 8” each
**Needle:** 80/12 Universal
**Thread:** Cotton or polyester construction thread
**BERNINA Presser Foot:** Lap Seam Foot #70 or
Lap Seam Foot #71
**Needle Position:** Center
**Stitch:** Straight

Pin the wrong sides of the fabric together, with the bottom layer (lapped piece) extending approximately ½” beyond the top layer (underpiece).

Fold the lower piece over the top piece and slide it under the presser foot, aligning the fold with the inner right toe of the foot.

Sew four stitches, then lower the needle into the fabric. Lift the presser foot and guide the fabric into the slot, over the left toe of the foot. Stitch remaining seam, allowing seam to “stand up” as it enters the slot. Press the seam toward the raw edge.

Slide the seam under the presser foot so the first stitching is visible in the slot. Sew four stitches, then lower the needle into the fabric. Load the fabric into the slot, over the crook of the left toe, and sew the remaining line of stitching (along the folded edge)

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Invisible Zipper

**Presser Feet & Accessories**

**Fabric:** Two pieces firmly woven fabric, 4” x 12” each and
One 9”-10” Invisible Zipper
**Needle:** 80/12 Universal
**Thread:** Cotton or polyester construction thread
**Needle Position:** Center
**BERNINA Presser Foot:** Invisible Zipper Foot #35
Bulky Overlock Foot #12/12C
Reverse pattern Foot #1/1C/1D
**Stitches:** Straight

*Note: The invisible zipper is sewn into a seam line in place of a conventional zipper when an uninterrupted design line is desired.*

**Stitching the Zipper**
Mark seam lines on right side of fabric. Select Straight Stitch.

Open zipper. It is not necessary to press coils as with other invisible zipper applications. Invisible Zipper Foot #35 has specially designed grooves that guide the zipper coils out of the way as the tape is stitched in place.
*Note: Do not sew the seam first as with conventional zippers. Invisible zipper tapes are sewn to fabric sections first, then the seam is sewn.*

With right sides together, baste or pin the right zipper tape to the right garment piece, so coil is on the ⅝” seam line.

Using center needle position, place coil in right groove of Foot #35. Sew until foot is stopped by the zipper pull. *Note: Needle should sew close to, but not into, the zipper coils.*

With right sides together, baste or pin the left zipper tape to the left garment piece so that the coil is again on the ⅝” seam line. Check to be sure the zipper is not twisted. Place the coil in the left groove of the foot and complete as directed for the right side of the zipper.

***Completing the Seam***
Close zipper. Using Bulky Overlock Foot #12 or 12C, place fabric right sides together and stitch as close to the zipper as possible, starting about ½” above the bottom of the zipper. It may be necessary to move the needle position to the left slightly.

Backstitch to begin and sew about 2”; then change to Reverse Pattern Foot #1/1C/1D to complete the seam.

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Spanish Hemstitching

**Fabric:** 5 pieces of grosgrain ribbon of various widths, 6” long
Narrow cord such as perle cotton, 8”
**Needle:** 80/12 Universal
**Thread:** Polyester or rayon embroidery thread*
**BERNINA Presser Foot:** Open Embroidery Foot #20/20C/20D and Spanish Hemstitching Attachment #42
**Stitch:** Various Decorative

Select the appropriate spacer for the maximum width of the machine (5.5mm or 9mm); attach it to the plate of the Spanish Hemstitching Attachment, and then secure the attachment to the machine according the package directions.

Attach Open Embroidery Foot #20/20C/20D to the machine.

Position one piece of 6” ribbon on each side of the spacer. Select one of the decorative stitches below and adjust the width if needed to the maximum setting.

Stitch the length of the ribbons to join them. The stitch should sew on the edges of both ribbons as it goes back and forth between them.

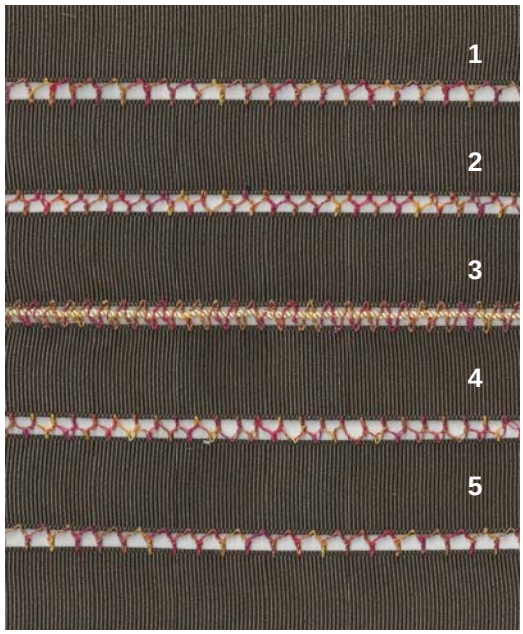
Place a narrow decorative cord in the spacer. Pull a few inches under the needle and out the back; stitch.

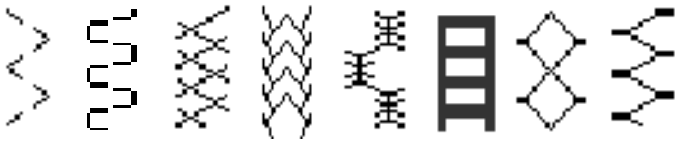
Position another ribbon next to one of the outer edges of the joined ribbons. Select another decorative stitch and adjust the width if needed to the maximum setting.

Stitch the length of the ribbons to join them.

Add additional strips of ribbon as desired until 4-5 pieces are connected.

*Using a heavier weight thread (#24-#12) and a topstitch needle will make the stitching more visible. King Tut thread was used in the sample.



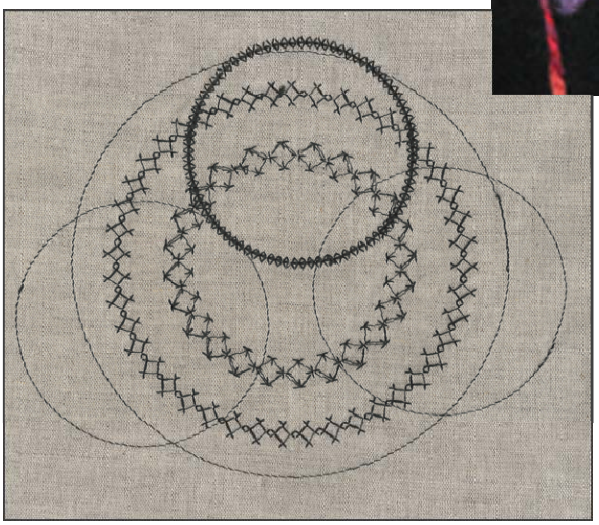



Start with these stitches but try others to find more that are suitable. *Note: Select open decorative stitches that move in a forward direction*

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Surface Design



# Attaching Strands of Beads

**Presser Feet & Accessories**

**Fabric:** One piece firmly woven fabric, 8” x 8” *and*
Tear-Away stabilizer, 8” x 8” *and*
One strand of molded or glass beads
**Needle:** 80/12 Universal
**Thread:** Monofilament thread
**BERNINA Presser Foot:** Bulky Overlock Foot #12/12C
**Stitches:** Universal Stitch

Thread the machine with monofilament thread in needle and bobbin.

Place the Tear-Away stabilizer on the wrong side of the fabric.

Attach Bulky Overlock Foot #12/12C to the machine. The strand of beads should be able to move freely through the “tunnel” under the foot.

Select the Universal Stitch with a length equal to the length of the bead (the cross threads will slip between the beads and be inconspicuous). The width should be wide enough to go from one side of the bead to the other.

Stitch the beads in place, sewing in straight lines or gentle curves.

**Helpful Machine Functions:**

- Needle Stop Down
- Free Hand System

# Attaching Sequins

**Fabric:** One piece firmly woven fabric, 4” x 6” and
One piece cut-away stabilizer
**Needle:** 80/12 Universal
**Thread:** Monofilament (“Invisible”) thread
**Needle Position:** Center
**BERNINA Presser Foot:** Open Embroidery Foot #20/20C/20D
**Stitch:** Zigzag

Thread the machine with monofilament thread in the needle and bobbin.

Attach Open Embroidery Foot #20/20C/20D to the machine.

Place the stabilizer on the wrong side of the fabric to provide a foundation for the sequins.

Position the strand of sequins on the fabric so that they feel smooth as they come toward you.

Select Zigzag Stitch and adjust the stitch length to 3mm-4mm; adjust the stitch width slightly wider than the diameter of the sequins.

Sew over the sequins, securing them to the fabric. Carefully remove the stabilizer from the wrong side of the fabric if desired.

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Couching

**Fabric:** One piece firmly woven fabric, 6” x 6” and
Tear-Away stabilizer, 6” x 6” and
Three or more colors of narrow cord or yarn
**Needle:** 80/12 Universal
**Thread:** Monofilament
**BERNINA Presser Foot:** Braiding Foot #21/12C
**Stitches:** Zigzag

Place the Tear-Away stabilizer on the wrong side of the fabric.

Attach Braiding Foot #21/12C to the machine.

Select the zigzag stitch with a medium width and length.

Thread the selected fibers through the hole on top of the sole.

If using several strands, lightly twist them together as they go through the opening. Stitch over the fibers, sewing a gently curved line.

*Couching Tips*

- *Match the color of the stitching to the background fabric and the contrasting cord will look as if it is woven into the fabric.*
- *Match the color of the stitching to the cord; it will give the cord a more pronounced look, subtly adding to its thickness.*
- *Match the color of the stitching and cord to the background fabric creating subtle texture without calling attention to the cord.*
- *Use invisible thread and a blindstitch to make the cord appear to be floating on the surface of the fabric, especially if the cord is a contrasting color to the fabric.*

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**Helpful Machine Functions:**

- Needle Stop Down
- Free Hand System

# Linear Couching

**Presser Feet & Accessories**

**Fabric:** One piece firmly woven fabric, 6” x 6” and
Tear-Away stabilizer, 6” x 6” and
Assorted narrow cords, perle cotton, and/or embroidery floss
**Needle:** 80/12 Universal
**Thread:** Polyester or rayon embroidery thread
**BERNINA Presser Foot:** Cording Feet #22 and/or #25
**Stitches:** Various stitches—see below

Place the Tear-Away stabilizer on the wrong side of the fabric.

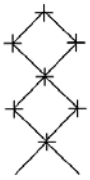
Attach Cording Feet #22 or #25 to the machine.

Thread the machine with embroidery thread in the needle. The same thread or coordinating bobbin thread can be used in the bobbin. *Note: The sample shown uses a variegated thread.*

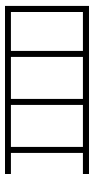
Place narrow cords and yarns in the grooves of the foot on top of the sole, closing the black “gate” over them to hold them side-by-side as they are stitched.

Select decorative stitches as desired and sew over the cords in straight lines.

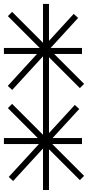
Stitches shown in the swatch:



Cross stitch



Ladder stitch



Star stitch

**Helpful Machine Functions:**

- Needle Stop Down
- Free Hand System

# Freemotion Couching

**Fabric:** One piece firmly woven fabric, 8” x 8” *and*
Tear-Away stabilizer, 8” x 8” *and*
2mm decorative cord
**Needle:** 80/12 Sharp/Microtex or Universal
**Thread:** Cotton or polyester thread in a color that blends into the yarn/cord
**Needle Position:** Center
**BERNINA Presser Foot:** Freemotion Couching Foot #43
**Stitches:** Straight

Place the Tear-Away stabilizer on the wrong side of the fabric.

*Note: Before using Freemotion Couching Foot #43 for the first time, attach the extra guide to the side of the machine following the instructions included with the accessory. This guide may be left in place when using other presser feet and accessories, as it will not interfere with other types of sewing.*

Non-8 Series 8 Series

Use the Threading Loop included with the accessory to pull cord through the guide next to the thread cutter, through the guide in the left side of the foot, and finally through the needle hole.

*Optional: Using a marker, draw a fluid design on the fabric, starting and stopping at the fabric edges.*

Lower the feed dog. Holding the thread and cord behind the foot as you start, move the fabric as for other free-motion sewing techniques (see page 19), coordinating the stitching speed with the movement of the fabric so that the stitches are approximately 1.5mm to 2mm in length and create smooth, curved lines.

Follow your drawn pattern or make one up as you go along, covering the fabric with couched cord.

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Eyelet Embroidery

**Presser Feet & Accessories**

**Fabric:** Firm woven fabric, 4” x 8”
**Needle:** 80/12 Universal
**Thread:** Cotton, polyester or rayon embroidery thread
**Needle Position:** As directed below
**BERNINA Presser Foot:** Eyelet Embroidery Set #82 and Eyelet Foot #92
**Stitch:** Straight and Zigzag as directed below

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.

Select the desired post (the size of the finished eyelet) and insert it into the metal plate with the slot in the post aligned with the slot in the plate. Attach the plate to the bed of the machine according to the instructions included with the Eyelet Set.

Attach Eyelet Foot #92 to the machine. Drop the feed dog of the machine.

Stabilize the fabric by hooping firmly in a wooden machine embroidery hoop or a spring hoop. Stabilizer can be used instead of hooping.

Using an awl or punch, make a hole in the fabric. *Note: If the hole is too large it won’t hug the post properly. Use an awl or cutter slightly smaller than the post; the fabric should fit tightly and will open more as you sew.*

Place the punched hole over the post of the Eyelet Set on the machine.

*Tip: Use variegated thread to add more interest to the embroidered eyelets.*

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Lace Insertion

**Fabric:** One piece lightweight cotton, 4” x 9” *and* 9” insertion lace, ½”- ¾” wide
**Needle:** 70/10 Universal
**Thread:** 60 weight cotton thread
**Needle Position:** As directed below
**BERNINA Presser Foot:** Edgestitch Foot #10/10C/10D
**Stitch:** Straight and Zigzag

*First Run*
Pin or spray-baste lace in position on top of fabric with right side of lace facing up.

Attach Edgestitch Foot #10/10C/10D. Select straight stitch; adjust length to 1.5-2mm; move needle to half left position.

Align right edge of lace with blade; sew along the edge of the lace.

Sew the left side in the same manner using the half right needle position.

From the back, *carefully* cut through fabric, between the two rows of stitching, leaving lace intact. Press the cut fabric away from the lace on each side.

*Second Run*
Select Zigzag Stitch; SW = 1.5-2mm and SL = 0.75-1mm.

Move needle to half left position.

Lay fabric right side up under the presser foot.

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.

Sew left edge in the same way, using a half right needle position.

Trim excess fabric from wrong side, close to the zigzag stitching.

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System
- Variable Stitch Width/Length

# Needle Felting

**Presser Feet & Accessories**

Rotary Hook
Needle Punch Set

CB Hook
Needle Punch Set

**Fabric:** Felt or wool, 8” x 8” and
Yarn or wool roving
**Needle:** 3-5 punching needles (included with Needle Punch Set)
**Thread:** None
**Needle Position:** N/A
**BERNINA Presser Foot:** Needle Punch Set
**Stitches:** N/A

Attach the Needle Punch Set specific to your machine following the directions included with it.

Unthread the needle. Remove the bobbin case, bobbin, and hook from the machine.

Turn off the upper thread sensor, or use presser foot recognition (available on some models) and key in the correct foot. Lower the feed dog.

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.

Quickly punch over the placed fibers to “baste” them in place. Then, go over the same area several times until the fibers are punched completely through to the back of the background fabric.

To further enmesh the fibers into the fabric, punch once from the back, and then finish with a final punch to the front.

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Sashiko

**Fabric:** One piece denim, 8” x 8” *and*
Tear-Away stabilizer, 8” x 8”
**Needle:** 90/14 of 100/16 Topstitch
**Thread:** Topstitching thread or Cordonnet by Mettler
**Needle Position:** Center
**BERNINA Presser Foot:** Cordonnet Foot #11
**Stitch:** Straight

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 running stitch.*

Select Straight Stitch; adjust the stitch length to 3-4mm as desired.

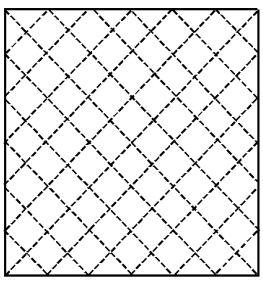
Tension adjustments are usually not needed; however, it is occasionally necessary to slightly tighten the needle tension to get a perfect stitch.

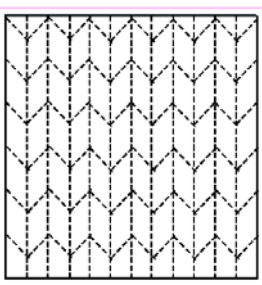
Using chalk or fabric marker, draw a 1” grid on the fabric. Use the grid to draw a design, using one of the diagrams below as a guide.

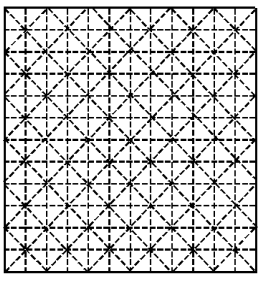
Place the Tear-Away stabilizer on the wrong side of the fabric.

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.

*Note: If using the thread cutter, the Securing Stitch may need to be disabled to avoid thread jams when using heavy threads.*







**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System

# Sewing Circles

**Fabric:** One piece firmly woven fabric, 8” x 8” and
1-2 pieces of Tear-Away stabilizer, 8” x 8” each
**Needle:** 80/12 Universal
**Thread:** Cotton, polyester, or rayon embroidery thread
**Needle Position:** Center
**BERNINA Accessory:** Open Embroidery Foot #20/20C/20D
**BERNINA Accessory:** Circular Embroidery Attachment #83
**Stitch:** Various

Attach Circular Embroidery Attachment #83 to the bed of machine.

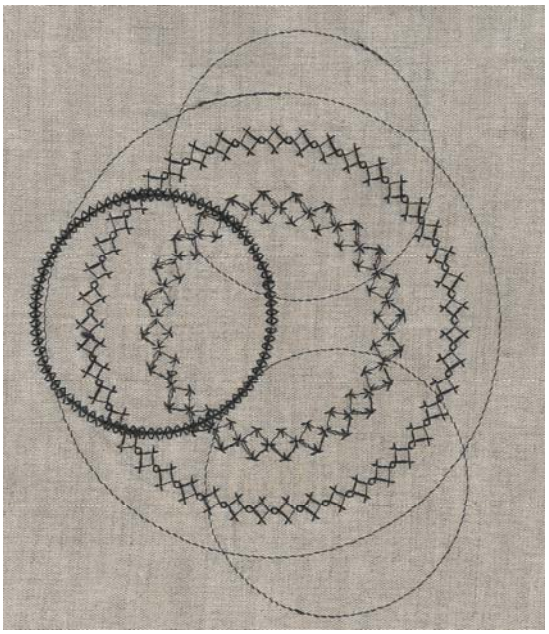
Attach Open Embroidery Foot #20/20C/20D to machine.

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.*

Push fabric onto tack at center of the fabric square; put stopper over tack (careful: it’s VERY sharp). Adjust slide to change the size of the circle.

Select Straight Stitch; sew a circle.

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 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 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, use attachment on both sides of needle so the letters will be readable on both the upper and the lower curves.*

**Helpful Machine Functions:**

- Adjustable Needle Position
- Needle Stop Down
- Free Hand System