

**BERNINA**  
Embellishment

# Free-motion Floral Desk Set

Created by Nina McVeigh

*Experiment with free-motion sewing techniques while making this attractive, three-piece desk set.*

*Using a large floral print as the resource for flower appliques, it is easy to achieve quick success with free-motion embellishment.*

## Supplies

### Machine & Accessories

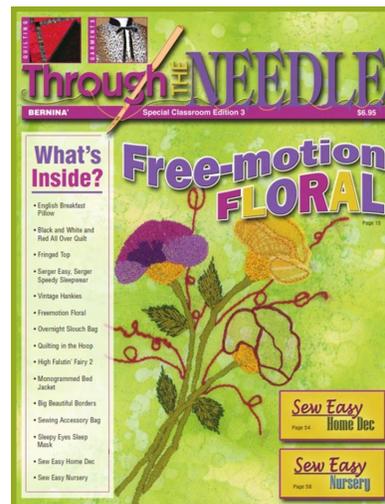
- BERNINA Sewing Machine
- Reverse Pattern Foot #1/1C/1D
- Edgestitch Foot #10/10C/10D
- Patchwork Foot #37/37D
- BERNINA Stitch Regulator #42 or free-motion foot of choice

### Fabric & Notions

- Desk calendar, notebook and notepad
- ¼ yard of large floral print
- 1 yard of two coordinating fabrics
- ½ yard of fusible web
- 1½ yard ribbon (optional)
- 1 yard needle punched batting
- Heavy cut-away stabilizer
- Mat board
- Sewing thread
- Embroidery threads
- Metallic threads
- Small beads
- Stiletto
- #65 Universal Needles for beading
- #80 Universal Needles for construction
- #90 Metafil and Embroidery Needles for embellishment



## Technique Instructions



General direction for many of the free-motion techniques found in this project can be found in *Through The Needle - Special Classroom Edition #3* magazine.

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### Preparing Fabric

- Measure the calendar; open the notebook and notepad and measure each one along all four sides. Choose a background fabric for each and cut a piece several inches larger (about 2" larger on each side) than the finished measurements. Cut a piece of batting the same size.
- Adhere the fusible web to the back side of the large floral print following the manufacturer's instructions. Cut out a number of the printed flowers. As sampled, two were used on each cover and five on the desk calendar. Cut a few extras to play with and some to place on the lining.
- Layer the outer fabric for the notebook, notepad & desk calendar holder with batting and a piece of cut away stabilizer.



### Ribbon and Flowers

- Before placing the flowers, position a piece of ribbon where desired, using the photo as a general guide. Using the Reverse Pattern Foot #1/1C/1D, zigzag down the center of the ribbon.
- Place the flowers where desired and press in place. Referring to the original article, free-motion stitch the flowers in place. *Note: Several additional free-motion techniques that are not covered in the article are detailed below and on the following page.*
- The flowers can then be embellished as desired. For the desk calendar holder, little embellishing was done as most of the time the calendar side will be seen and it is desirable to have the calendar holder lay flat. The flowers on the notepad and the notebook covers were beaded and embellished with thread painting.
- After embellishing, the notebook and notepad covers may be quilted. Quilt as desired through the fabric, batting and stabilizer only. *For free-motion quilting, hooping is not necessary.\**



*\*Note: The original article refers to hooping the fabrics for all the free-motion techniques. Some techniques require hooping while others do not need it. For some techniques, it is personal choice as to whether to hoop the fabrics or not.*

## Additional Techniques

*Note: The original article covers several free-motion techniques, however there are others that are also used on this project. Directions for these additional techniques are covered here.*

### Herky Jerky Appliqué

- In addition to a straight stitch raw edge appliqué technique, try using what one might call a "Herky Jerky" technique where you are actually "scribbling" with needle and thread—moving back & forth—around the edge of the appliqué.



### Machine Beading

- This is a free motion technique that does not require a foot. Hoop the fabric; A spring hoop is recommended. Insert a #60 or #65 Universal Needle in the machine. Use a light weight thread in the bobbin and a monofilament in the needle.
- Pour a few beads into the hoop. Take a few stitches to secure the threads, then stitch to where a bead will be placed. Using a stiletto, push a bead up to the needle thread where it enters the fabric. Use the hand wheel to lower the tip of the needle into the bead. The bead can still be moved with the tip of the needle for exact placement.
- Use the back of the BERNINA foot pedal to send the needle down. Touch the back of the foot control again to raise the needle. Move the fabric slightly away from the bead. Take several stitches to secure. Moving away from the bead also flipped the bead for proper placement. Stitch to where you want to place the next bead and repeat the process.
- There are times when you may be beading at the same time you are stitching other embellishment. In these cases, it is possible to thread the needle with a decorative thread for beading and embellishing with the same thread. *Caution needs to be taken to ensure the needle and the bead will each accommodate the decorative thread.*



### Free-motion Couching

- Free-motion Couching Foot #43 couches ribbons, braids or cords directly onto the fabric, letting you sew in any direction you wish with the feed dogs lowered.
- The cords are fed directly to the needle through a hole in the sole, and can be sewn on in any direction desired with the feed dog lowered - letting you create imaginative lines, patterns and shapes in no time flat.
- Free-motion Couching Foot #43 also features a practical cord guide that can be attached next to the thread cutter on BERNINA sewing machines. (Two guides are included: one for the 7 and 8 series and a second one for other models).
- This guide should be attached to the machine the first time it is used. It can be left on the side of the machine and will not interfere with future sewing.



# Assembly

## Desk Calendar

- Draw the dimensions of the purchased desk calendar on the right side of the fabric. Cut out leaving  $\frac{1}{2}$ " around drawn lines; cut lining the same size.
- Cut four pieces of ribbon 5" long; lay them at a diagonal across each corner of the embellished fabric, right side down, pin in place. Place lining right side down, on top of embellished fabric.
- Attach Patchwork Foot #37/37D and stitch all the way around using a  $\frac{1}{4}$ " seam. Trim corners. Cut an opening in the lining large enough to turn right side out. When turning make sure the ribbon is on the lining side as this is where the purchased calendar will be placed. Press.
- Attach Edgestitch Foot #10 and move the needle position 2 positions to the left of center. Place the seamed edge to the left side of the center guide of the foot and edge stitch all the way around. Place a few flowers over the slit in lining and press in place. Slide the corners of the calendar under the ribbon at each corner of the mat.



## Notebook Cover

- Measure the notebook again. Measure the notebook when it is closed from the edge of the front cover to the edge of the back cover and then the height of the notebook. Draw these dimensions on the embellished & quilted fabric.
- Add  $\frac{3}{8}$ " on all sides and trim. Cut lining the same size. Cut two pieces of pocket fabric the same height as the cover and  $4\frac{1}{4}$ " wide. Fold  $\frac{1}{4}$ " hem twice on one long edge of each piece of pocket fabric and stitch in place. Lay down the cover fabric right side up.
- Place the pocket fabrics right side down at each end of the cover fabric, making sure the raw edges are even and the hemmed edges are to the inside. Place the lining fabric right side down.
- Attach Patchwork Foot #37(37D) and stitch all the way around using a  $\frac{1}{4}$ " seam. Trim corners. Cut a slit in the lining, large enough to turn the cover. Turn and press.
- Attach the Edgestitch Foot #10 and move the needle 1 position left of center. Place the edge of the notebook cover against the left side of the guide on the foot and edge stitch all the way around.
- Place a few flowers over the slit in lining and fuse in place. Insert purchased notebook.



**Notepad Cover**

- After embellishing the notepad, quilt as desired through the fabric, batting and stabilizer only.
- Measure the notepad again. Be sure to measure the thickness of the pad and add that to the dimension.
- Draw these dimensions on the embellished fabric. Add  $\frac{1}{2}$ " all the way around and trim.
- Cut lining the same size. Fold the lining fabric in half and measure the length minus  $\frac{1}{4}$ ".
- Cut two pieces of pocket fabric this length and the same width as the lining. Fold  $\frac{1}{4}$ " hem twice on one short edge of each piece of pocket fabric and stitch in place.
- Lay down the cover fabric right side up. Place the pocket fabrics right side down at each end of the cover fabric, making sure the raw edges are even and the hemmed edges are towards the middle.
- Place the lining fabric over the cover fabric right side down. Sew a  $\frac{1}{4}$ " seam all the way around. Trim corners. Cut a slit in the lining and turn and press. Make sure the pockets are to the lining side of the cover.
- Using the Edgestitch Foot #10, edge stitch all the way around. Press a few flowers in place to cover the slit in the lining. Cut two pieces of mat board to fit the pockets. Slip the back of the notepad in the back pocket.

