



# Live, Laugh, Love Inspirational Quilt

Created by Lisa Veith

Everyone needs to be inspired and encouraged. Create a wall hanging that will do both and bring you joy no matter where it is hung!

Discover how easy it is to create this uplifting wall hanging while having FUN using the BERNINA Exclusive Embroidery Collection - To The Letter! The collection features a beautifully designed alphabet, so follow the instructions here for our "Live, Laugh, Love" quilt, or create your own design with quotes of your choice.

Use BERNINA Embroidery Software 6 - Designer Plus's Multi-Hooping feature to plan the embroidery layout and the Quilter program to lay out the blocks with confidence.

## Supplies

Finished Quilt  
33" x 43"

### Machine & Accessories

- BERNINA Sewing and Embroidery Machine
- BERNINA Embroidery Software 6
- BERNINA Mega Hoop
- Teardrop Embroidery Foot #26
- Patchwork Foot #37/37D or Patchwork Foot with Guide #57/57D

### Embroidery Collection

- BERNINA Exclusive Embroidery Collection - To the Letter #21004

### Fabrics

- City Girls Fabrics by Benartex\*
  - ◊ 1¼ yard Wavy Stripe Pale Coral (#2315-26)
  - ◊ ¼ yard Rim Dots Coral/Pink (#2316-22)
  - ◊ ¼ yard Squared Bolts Sand (#2317-77)
  - ◊ 1½ yards Bar Code Strips Pink/Chocolate (#2318-22)
  - ◊ 1 yard Squared Bolts Coral/Chocolate (#2317-22) for the backing
- ⅔ yard plain cream fabric

\*Prints used in the sample are noted, but other fabrics of choice can readily be used to create this charming wall hanging!



### Notions

- 1 yard batting
- 2¼ yards Whisper Weft interfacing
- OESD HeavyWeight Tear-Away Stabilizer
- 505 Temporary Spray Adhesive
- Isacord embroidery thread; colors #0622, 0640, 1375, 1753, 2155, 4423, and 4430
- Thread for piecing
- Thread for quilting
- Organ Titanium Embroidery needles, #80/12 Sharp
- Microtex needles, #80/12

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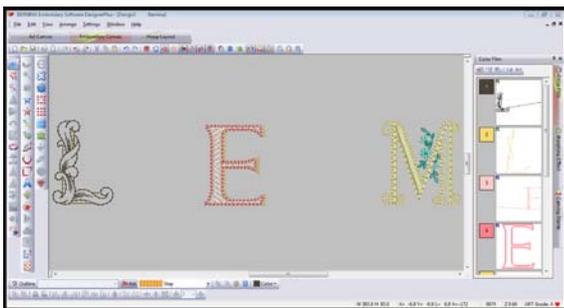
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## Prepare the Embroidery Design Files

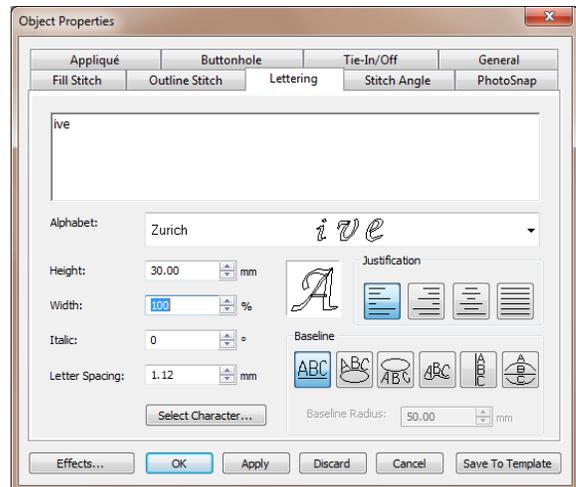
- Open BERNINA Embroidery Software 6 and open a New file.
- Click Setting > Options. On the General tab, make sure that Group Designs on Open and Insert has a checking next to it, and then click OK.

### First Row (*Live Every Moment*)

- Right-click the Show Hoop icon and select the artista 400 x 150 Mega – Auto Split Machine from the drop down menu and click OK.
- Left click the Show Hoop icon to turn the hoop view off.
- Select File > Insert Design and navigate to the “To the Letter” design collection. Select design #21004-12 (L) and click Open.
- Select File > Insert Design. Select design #21004-05 (E) and click Open.
- With the **E** selected, move it to the right of the letter **L**.
- Select File > Insert Design. Select design #21004-13 (M) and click Open. Move this letter to the right of the letter **E**.
- Click Show All and spread the three letters apart to add lettering.



- Right click Lettering/Fill Value icon to open the Object Properties. Type *ive* in the dialog box and select the Zurich font from the drop down Alphabet menu. Change the Height to 30mm and click OK.

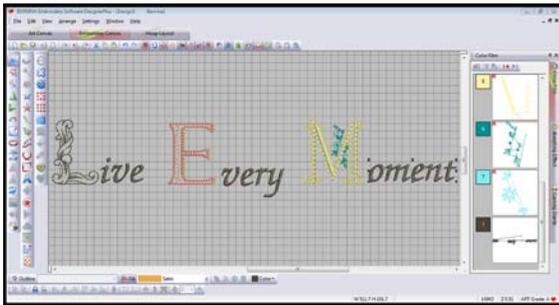


- Click on the screen to the right of letter **L** to insert the text. Click on a blank area of the screen to deselect it.

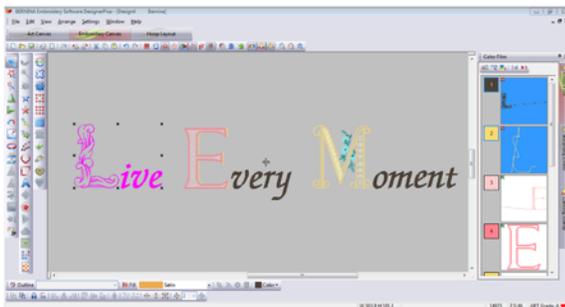


- Right click the Lettering/Fill Value icon and type **very** in the dialog box. Select the Zurich font, change the Height field to 30mm, and click OK.
- Click on the screen to the right of the **E**. Deselect the lettering by clicking on a blank part of the screen.
- Right click Lettering/Fill Value. Type **oment** in the Object Properties Lettering dialog box. The Zurich font should still be in the Alphabet box and the Height field should still be 30mm. Click OK.
- Click on the screen to the right of the **M** to insert the text.

- Select View > Show All and then click the Show Grid icon.



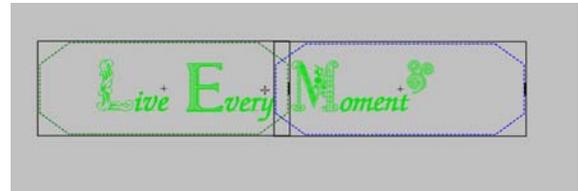
- Use the grid to visually position and horizontally align *ive*, *very*, and *oment* next to their corresponding letters.
- Hold the control key down to select **L** & *ive*. Click the Group icon.



- Hold the control key down and select **E** and *very*. Click the Group icon.
- Hold the control key down and select **M** and *oment*. Click the Group icon.
- Space the whole words approximately three grid spaces apart. Select Edit > Select All. Click the Space Horizontally icon.
- Select File > Insert Design. Select Design #21004-39 and click Open. With the design selected, right click the Rotate 45°CCW / CW icon and position the design to the right & above the **t** of the word **Moment**.



- Select the Hoop Layout Tab.
- Click on the hoop to select it, and left click the Rotate Hoop Left/Right icon two times. Move hoop towards the left until the left half (**Live Every**) turns green.
- Select Add Hoop. Select Rotate Hoop Left / Right two times. Move this hoop to right until the right half turns green.



- Select Calculate Hoopings. The dialog box should now indicate two hoopings. Click OK.



- Touch the letter **m** on the keyboard. Click on the center crosshairs of the first hoop and drag the mouse to the center of the design. Write this number down: \_\_\_\_\_. This number will be used to mark the position of the design during the hooping process.

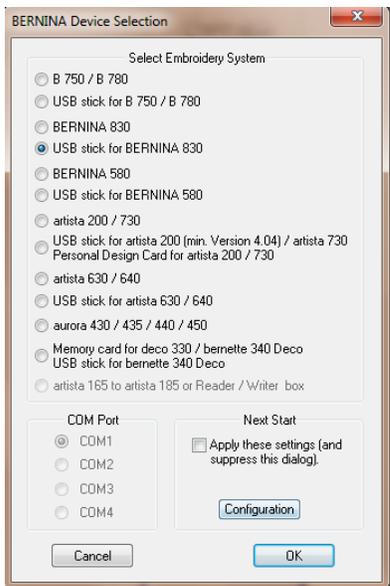
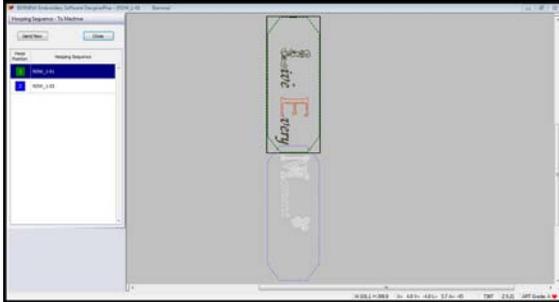


- To save the design for future use, select File > Save As and navigate to the folder of your choice. Name the file **ROW\_1.ART60**. Select NO (Export everything in one file).

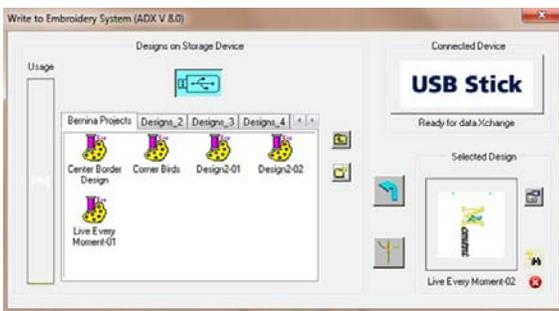


- Select the Write to Machine icon. The Hooping Sequence – To Machine box will appear.

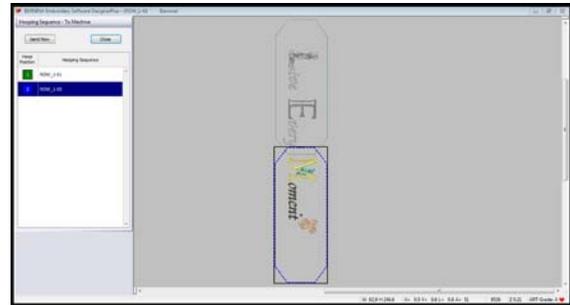
- With Hoop Position 1 selected, click the Send Now button. In the BERNINA Device Selection box, click the radio button next the machine and method (directly to machine or via USB) for your machine and click OK.



- In the Write to Embroidery System box, select the Write to Embroidery System icon (USB) or Stitch Out Selected Design icon (directly to the machine).



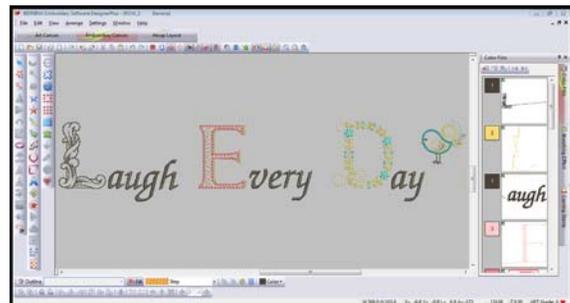
- Click OK in the ADX box. (Design successfully downloaded to the embroidery system.)
- Select Hoop Position 2 and click Send Now. Repeat the step above to send it to the machine.



- Click Close to close the Hooping Sequence – To Machine box and return to the Embroidery Canvas.
- Close the design.

### Second Row (Laugh Every Day)

- Repeat the above steps for the second row except:
  - ◊ Add **ough** to design # 21004-12 (L).
  - ◊ Add **very** to design #21004-05 (E).
  - ◊ Add **ay** to design #21004-04 (D).
  - ◊ Place Design #21004-27 to the right and above the **y** of the word **Day**.



- After you have completed the Calculate Hoopings step from above, touch the letter **m** on the keyboard. Click on the center crosshairs of the first hoop and drag the mouse to the center of the design. Write this number down. It will be used to mark the position of the design during the hooping process.
- Save this design as **ROW\_3.ART60**.
- Send to the machine as directed above.

### Third Row (Love Beyond Words)

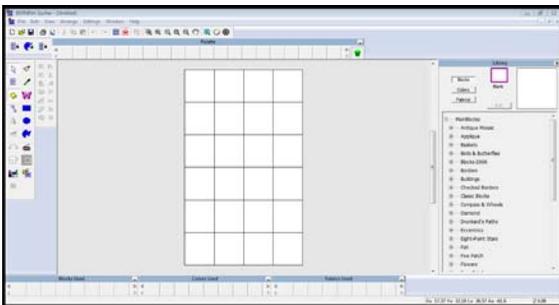
- Do the same with as the first and second rows except:
  - ◊ Add **ove** to design # 21004-12 (**L**).
  - ◊ Add **eyond** to design #21004-02 (**B**).
  - ◊ Add **ords** to design #21004-23 (**W**).
  - ◊ Insert design #21004-36 and place to the left and above the **L** of the word **Love**.
- After you have completed the Calculate Hoopings step from above, touch the letter **m** on the keyboard. Click on the center crosshairs of the first hoop and drag the mouse to the center of the design. Write this number down. It will be used to mark the position of the design during the hooping process.
- Save this design as **ROW\_5.ART60**.
- Send to the machine as directed above.

### Create the Quilt in BERNINA Quilter

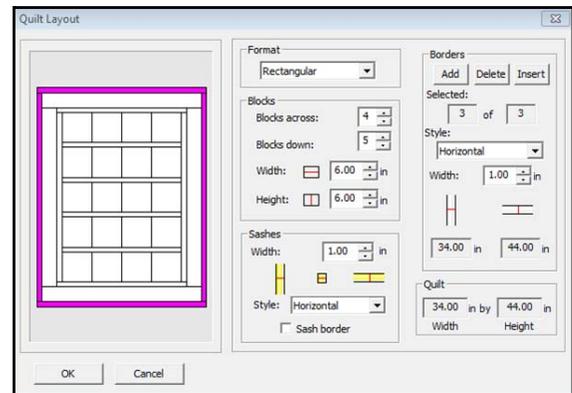
Follow these instructions as a tutorial to gain an understanding of how the BERNINA Quilter Program can be used for planning a wall hanging or quilt. However, it is not necessary to follow these steps for the completion of this particular wall hanging since all instructions are provided.

#### Design the Quilt Layout

- Open BERNINA Embroidery Software 6 and select File > New to create a new file.
- Select the Quilter icon to open the BERNINA Quilter Program.



- Click the Quilt Layout icon and make the following changes in the layout:
  - ◊ Format > Rectangle
  - ◊ Blocks
    - Blocks across: 4
    - Blocks down: 5
    - Width: 6 inches
    - Height: 6 inches
  - ◊ Sashes
    - Style: Horizontal
    - Width: 1 inch
  - ◊ Borders
    - Add
      - ◊ Style: Horizontal
      - ◊ Width 1 inch
    - Add
      - ◊ Style: Horizontal
      - ◊ Width: 3 inches
    - Add
      - ◊ Style: Horizontal
      - ◊ Width: 1 inch (binding)
  - ◊ Quilt
    - Width 34-inches
    - Height 44-inches

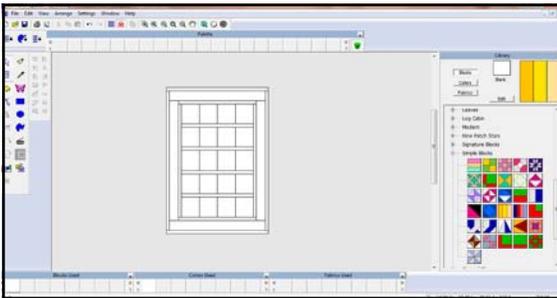


- Click OK.
- Select File > Save As and navigate to a folder of your choice. Save as **Plain Inspirational Quilt. V6.0 (\*.arq format)**

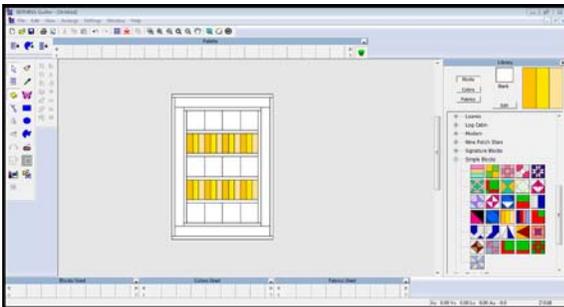
### Add Quilt Block Styles

*TIP: You can add your own fabric library by scanning the actual fabrics or by using images from the manufacturer. Refer to the Quilter Program manual (Help > Online Manual) for details.*

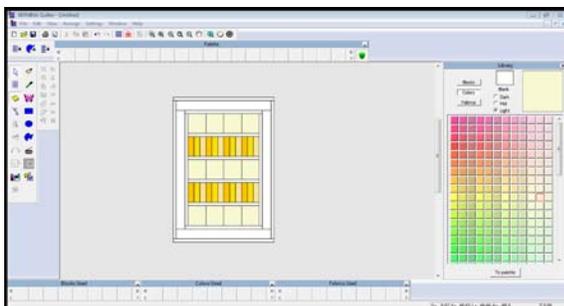
- The Library should open automatically. If it does not, click the Library icon. Select the Blocks button in the Library dialog box.
- Under the Main Blocks category, click the plus sign next to Simple Blocks. Select Rail Fence 3 Strips (the eighteenth icon).



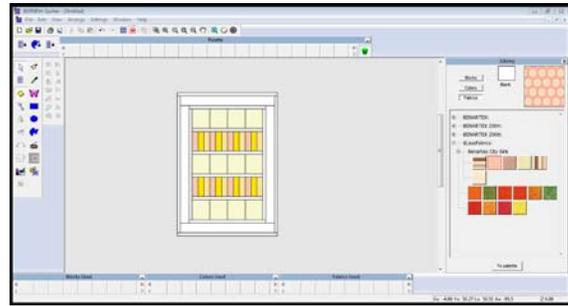
- Select the Paintbrush icon. Click inside each block on the second and fourth rows.



- Select the Color button in the Library dialog box. Click the radio button next to Light and select a light color of your choice.
- Select the Paintbrush icon and click inside each of the blocks in the first, third, and fifth rows.

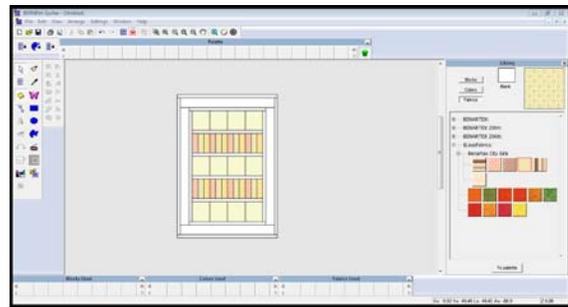


- Select the Fabric button in the Library. Select the plus sign next to the folder where you saved your fabric.
- Click on the Rim Dot Coral/Pink fabric tile. Hold down control key of computer and click inside the first strip on left in the Rail Fence block. Holding the Control Key will place that fabric in that position for each of the Rail Fence Blocks.

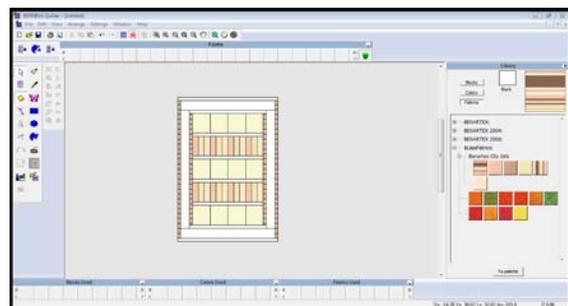


*TIP: Use the zoom features or the scroll wheel on the mouse to zoom in and out as needed.*

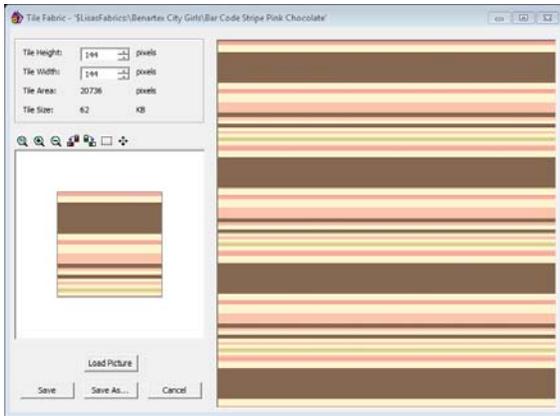
- Select the Squared Bolts Sand tile and hold down the control key as you click inside the second strip in the Rail Fence block.



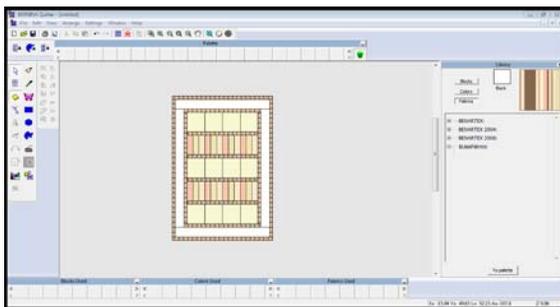
- Select the Wavy Stripe Pale Coral fabric tile. Hold down the control key as you click inside the third strip in the Rail Fence block.
- Select the Bar Code Stripe Pink/Chocolate fabric tile. Click inside the in 1<sup>st</sup> & 3<sup>rd</sup> horizontal borders on both sides of the wall hanging.



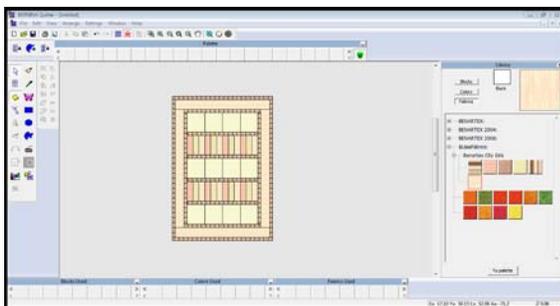
- Double click on the Bar Code Stripe fabric tile. Click on the Rotate 90 Right icon. Select Save As and name the tile *Vertical Stripe* in Library Manager folder.



- Select the newly created Vertical Stripe fabric tile. Click inside each of the four horizontal sashing strips, and the first and third horizontal borders at the top and bottom of the wall hanging.



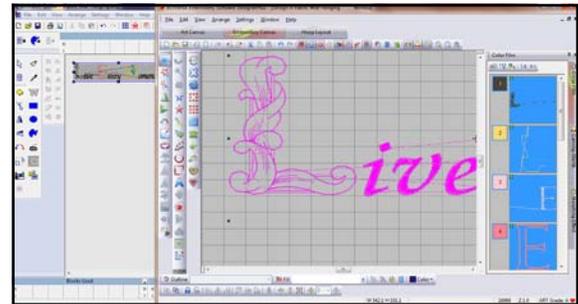
- Select the Wavy Stripe Pale Coral fabric tile. Hold the control key down on the computer and click on second border.



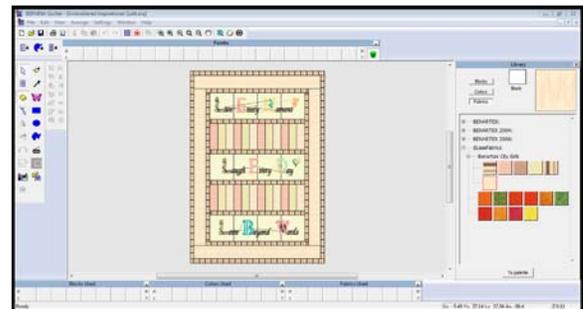
- Select File > Save As. Navigate to the folder of your choice and name the wall hanging **Fabric Inspiration Quilt.V6.0**(\* .arq).

### Preview the Embroidery Designs

- Select Embroidery Window icon and wait for the Embroidery Window to open.
- Select File > Insert Design and navigate to the location where the Row 1 design was stored.
- Select File > Save and Return.



- Drag the design into the row.
- Repeat with the third and fifth rows.



- Select File > Save As and navigate to the folder of your choice. Name the wall hanging **Embroidered Inspirational Quilt.V6** (\* .arq).

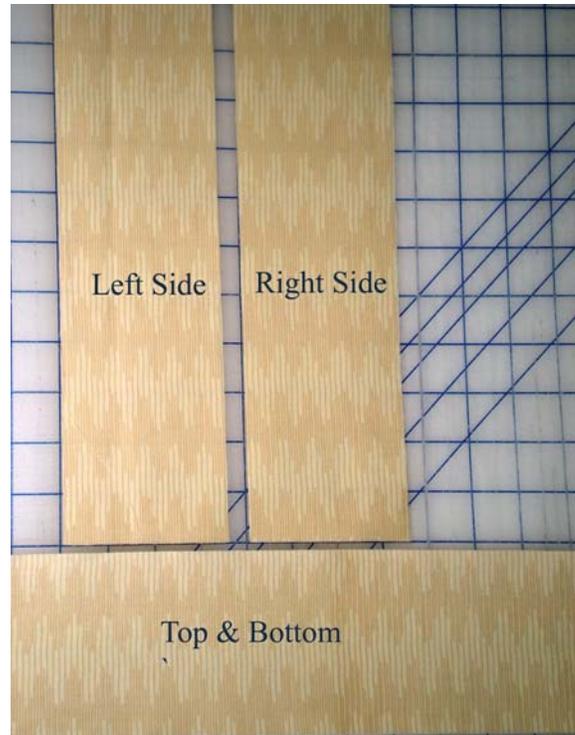
### Printing Options

- You have a variety of printing options including the ability to print individual blocks, diagrams of the quilt, yardages of each fabric used in the quilt, and many other choices.
- To preview the different printing options, select File > Print Preview. Select among the various options to discover the printing options that will work best for you.

## Construct the Wall Hanging

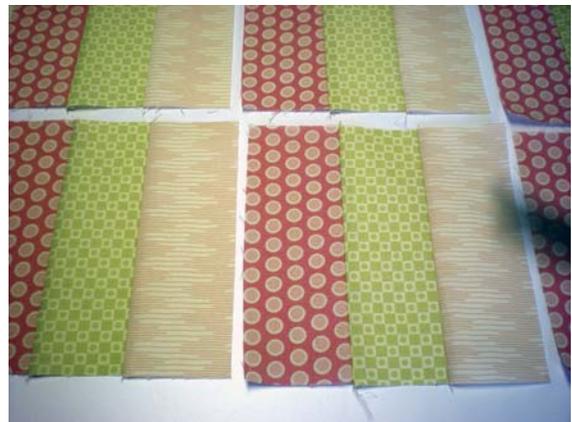
### Cutting Instructions

- Spray fabric with Best Press before cutting.
- Fuse the entire wrong side of the  $\frac{2}{3}$  yard cream fabric and the  $1\frac{1}{2}$  yard Bar Code Striped Pink/Chocolate fabric with Whisper Weft following the manufacturer's instructions.
- Cut the fabric as follows:
  - ◊ Cream Fabric
    - Cut three  $6\frac{1}{2}$ " x  $24\frac{1}{2}$ " rectangles.
  - ◊ Rimed Dots Coral / Pink
    - Cut eight  $2\frac{1}{2}$ " x 6" rectangles.
  - ◊ Squared Bolt Sand
    - Cut eight  $2\frac{1}{2}$ " x 6" rectangles with the stripes going in the crosswise direction.
  - ◊ Wavy Stripe Pale Coral
    - Cut away one long selvage edge from the  $1\frac{1}{4}$  yard piece and cut two  $3\frac{1}{2}$ " x 36" strips along the lengthwise grain for the top and bottom borders.
    - With fabric re-folded in half along the original fold line:
      - \* Cut two  $3\frac{1}{2}$ " x  $32\frac{1}{2}$ " strips along the crosswise grain.
      - \* Cut eight  $2\frac{1}{2}$ " x 6" strips on the crosswise grain for the pieced blocks.
  - ◊ Bar Code Stripe Pink/Chocolate for borders and binding (all cut on bias):
    - Cut four  $1\frac{1}{2}$ " x  $24\frac{1}{2}$ " strips for the horizontal sashing.
    - Cut two  $1\frac{1}{2}$ " x  $34\frac{1}{2}$ " strips for the side sashing borders.
    - Cut two  $1\frac{1}{2}$ " x  $26\frac{1}{2}$ " strips for the top and bottom sashing borders.
    - Cut three  $2\frac{1}{2}$ " x bias length for the binding.



### Piecing Instructions

- Using Patchwork Foot #37/37D or Patchwork Foot with Guild #57/57D, sew the long sides of the three different  $2\frac{1}{2}$ " x  $6\frac{1}{2}$ " fabrics together to create eight  $6\frac{1}{2}$ " blocks. Press seam allowances to one side.



- Sew these blocks together in sets to create two rows of four blocks each for the Rail Fence rows.
- Sew the four 1½" x 24½" striped bias strips between the cream and Rail Fence rows.
- Sew a 1½" x 34½" striped bias strip to each side of the wall hanging.
- Sew a 1½" x 26½" striped bias strip to the top and bottom of the wall hanging.



- Sew a 3½" x 36" Wavy Stripe Pale Coral border to each side.
- Sew a 3½" x 32" Wavy Stripe Pale Coral border to the top and bottom edges.



### Embroider the Text

- Hoop a layer of HeavyWeight Tear-Away Stabilizer by itself in the Mega Hoop.

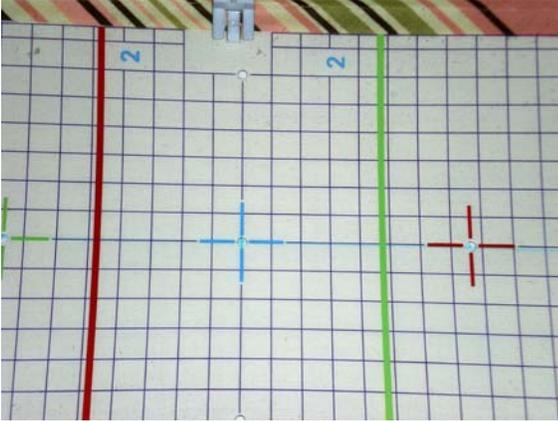


- Using the hoop's plastic template, draw a vertical line down the center of the hooped stabilizer with a water soluble pen. Mark the horizontal center of the hoop.



- Spray the hooped stabilizer with 505 Temporary Adhesive Spray.
- Use a water-soluble marking pen to draw a center horizontal line on the upper cream row of the wall hanging. (This should be 3" from the top).
- Draw a short line at the vertical center of the cream row. Draw another longer vertical line to the left of the center the distance from center that was calculated using the Measuring Tool as you were creating the design in software on page 3. This will be the center of the first hooping.

- Use the hoop's plastic template to align the marked lines on the fabric with those on the hooped stabilizer. The center marked on the fabric for the first hooping should be at the center of the hoop.



- Embroider Hoop Position 1 of the first design (**Live Every Moment**) on the right portion of Row 1 (this doesn't have to be centered on the row). Stitch the two x's (the registration marks) at the end of the design.
- Carefully remove the stabilizer, making sure you don't remove the registration mark stitches.

*Tip: Mark the registration marks with a water-soluble marker before removing the stabilizer... just in case.*

- Hoop a second piece of stabilizer in the Mega Hoop by itself.
- Using the hoop's plastic template, mark the center of the hooped stabilizer with water-soluble marker.
- Spray the hooped stabilizer with 505 Temporary Adhesive Spray.
- With Hoop Position 2 design selected, embroider only the registrations marks (the first color) on the stabilizer by itself.
- Spray the hooped stabilizer with 505 Temporary Adhesive Spray.
- Align the registration marks on the fabric over the stitched registration marks on the stabilizer. Keep the vertical markings on the fabric aligned with the vertical marks on the stabilizer.

- Complete the embroidery for Row 1. Remove the excess stabilizer from the back being very careful not to distort the stitches.
- Repeat for Row 3 (**Laugh Every Day**) and Row 5 (**Love Beyond Words**).

### **Quilt and Bind the Wall Hanging**

- Place the batting between the wrong sides of the embroidered top and the backing fabric. Adhere all layers together with 505 Temporary Spray Adhesive.
- Quilt the layers together as desired.
- Sew the short ends of the 2½"-wide striped strips together to create one long strip. Trim and press open the seam allowances.
- Fold the binding strip in half lengthwise with wrong sides together lengthwise; press.
- Use Patchwork Foot #37D or Patchwork Foot with Guide #57D to stitch the cut edges of the binding to the right side of the wall hanging.



- Wrap the fold of the binding to the wrong side and hand or machine stitch in place.

