

# Quilt for All Deurstikwerk vir Alma

## CUTTING MAT CARRY BAG

COMPILED BY LINDA VENTER FOR BERNINA RSA 2024

This challenge is an individual project, and all participants will be required to do one section of the bag per month, using the patchwork/quilting technique specified in the monthly challenge.

The final challenge will require that you assemble the Cutting Mat Carry Bag and finish it off with binding.

The quilting may be done on your domestic machine or using a quilt frame.



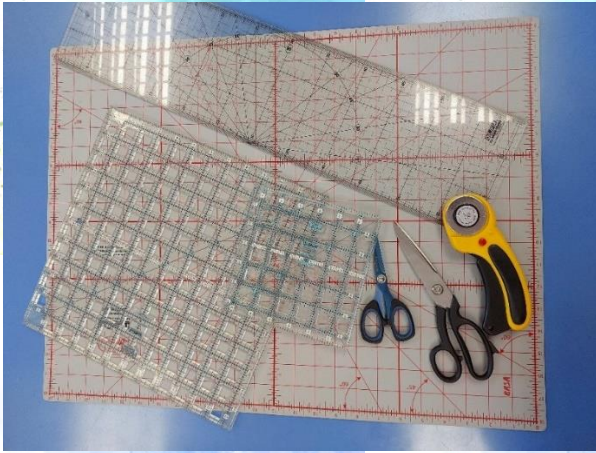
Participants must post a photograph of the monthly patchwork row, and a short description on how they implemented the patchwork technique, on the [Quilt for All / Deurstikwerk vir Alma](#) Facebook page.

If you are not a Facebook user, you can email the pictures and a short description of your monthly progress to [lorette@berninasa.com](mailto:lorette@berninasa.com) and she will post it to Facebook on your behalf.



The Cutting Mat Carry Bag has been designed for a 24" x 18" cutting mat, which is the medium size mat and the most popular size to take to patchwork and quilting classes.

The bag also has various pockets, using different patchwork techniques, to hold your cutter, scissors, rulers, etc. so that you have all utilities in one bag to take to classes.



### Fabric requirements



We all have some cut off fabrics from previous quilt projects and this is the ideal opportunity to use those scraps.

- You will need a good selection of scrap fabrics or 25cm of 4 to 6 different fabrics.
- For the bag and the backing, you will need 20" x 50" in basic fabric and 24" x 54" backing fabric.
- Batting for the bag and pockets.
- Appliqué paper.
- As an optional extra, you can use webbing for the handles of the bag, or you can make your own strap for the handles.



We will make use of a selection of presser feet:

- Patchwork; walking foot; free motion quilting foot, ruler foot, etc.
- Coordinating threads in the colour of your choice.

### Challenge #1 Quilt the fabric for the bag



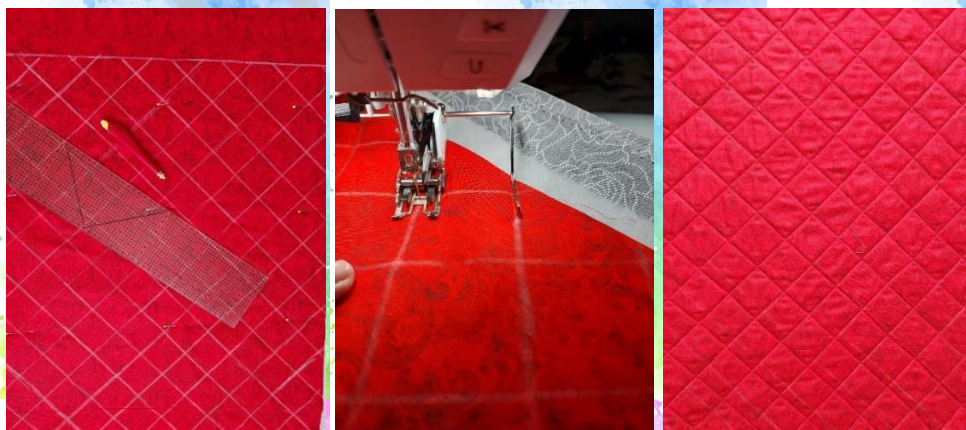
One half of bag with free motion quilting and other half with line stitching.

Cut out the following pieces:

- The outside fabric of the bag – 20" x 50".
- The backing fabric 24" x 54".
- Batting the same size as the backing fabric.

### Straight line quilting

- Make use of your walking foot with the seam guides or draw lines on the fabric.





## Free motion quilting



Free motion quilting is quilting using your domestic sewing machine without the aid of the feed dog of the machine or a long/mid arm machine on a quilt frame.

With normal, everyday sewing, the feed dog feeds the fabric with every stitch. The feed dog is the "toothy" device that is under the needle plate. The stitch length determines how far the feed dog feeds the fabric.

With free motion quilting, you're not using the feed dog because you don't necessarily want to feed the fabric only forward and backwards. You'll want to be able to move your fabric in every direction you can think of. It is therefore necessary to lower the feed dog and use a free motion presser foot.

All the normal rules that apply to your machine, stitch length, speed, etc. are now not applicable. It is no longer your machine that dictates the stitch, but you. The size of your stitch is determined by how much your fabric moves while the needle is up.

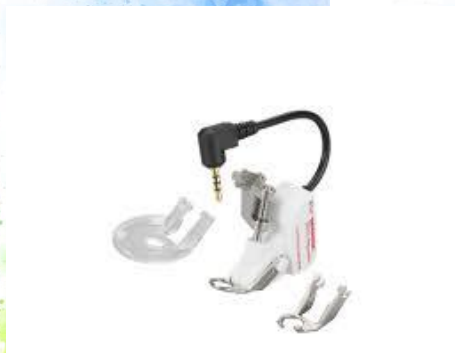
If your fabric moves a long distance, and it takes a long time for your needle to move up and down, then your stitches will be very big.

The movement of your fabric – operated by your hands and the speed of the sewing machine – operated by your foot control or start/stop button, is what will determine the length of your stitches. A little practise will bring perfection.

### **Presser feet suitable for free motion quilting.**

*If you are a proud owner of a Bernina or bernette sewing machine, there are a good selection of presser feet that you can choose from to make free motion quilting easier.*

- **Bernina Stitch Regulator (BSR) foot with 3 soles (Bernina machines only and only for the Bernina classic 5 to 8 series machines)**



The Bernina Stitch Regulator is more than just a free motion accessory foot. It helps maintain a consistent stitch length during free motion quilting or stitching for you as you sew. Instead of concentrating on keeping the machine speed and movement of the fabric in harmony, you are free to concentrate on your creativity. The BSR will even coach you to slow down by beeping if you are moving the fabric too fast!

- **Darning foot (Bernina #9)**

*Darning foot also available for bernette sewing machines – see attached wish list.*



The vertical spring action presses the foot to the fabric, preventing the fabric from lifting along with the needle, and therefore ensuring perfect stitch formation.

- **Embroidery foot (Bernina #15)**





The oval presser foot shape, with its slightly upwards curve, facilitates the movement over thicker and uneven edges when doing free motion sewing.

- **Free motion embroidery foot (Bernina #24)**



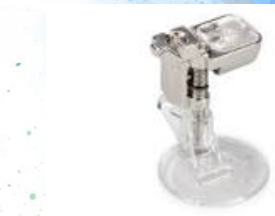
The vertical spring action presses the foot to the fabric, preventing the fabric from lifting along with the needle, and therefore ensuring perfect stitch formation. Ideal for free motion sewing with an unimpeded view of the stitching.

- **Quilting foot (Bernina #29C)**



The vertical spring action presses the quilting foot on to the fabric, preventing the fabric from lifting along with the needle, and therefore ensuring perfect stitch formation. The transparent sole guarantees a clear view of the quilting area.

- **Echo quilting and Cut Work foot (Bernina #44C)**



The echo quilting and cut work foot is ideally suited to echo and shadow quilting, free motion quilting and thread painting. The curved sole ensures that the foot glides over thicker seams of the quilt area.

- **Straight Stitch Needle Plate**



It ensures precise stitch formation when straight stitching, enabling you to create neat and attractive sewing projects.

## Quilting Aids

- **Sew Slip or Supreme Slider**



This ensures maximum gliding of fabric, while free motion stitching. It has a slippery top surface and a tacky underside, which will prevent the sheet from moving without the use of adhesives.



- **Quilting Gloves**



We strongly recommend that you use quilting gloves for free motion quilting in order to help reduce hand fatigue, and to get a better grip on the quilt fabric.

### **Let's get started**

#### **Prepare the "sandwich"**

- Make sure that the backing and top layer is smooth and without creases.
- Baste with 8" to 10" intervals.
- You may also make use of pins or temporary glue baste spray.
- Thread the machine and lower the feed dog.
- Attach your choice of presser foot – walking foot for straight line quilting, or any one of the free motion presser feet to quilt freehand.
- Add the Sew Slip or Supreme Slider to your sewing or quilting table.
- Quilting gloves on, or any of the above free motion aids that you have.

#### **Free Motion Quilting Techniques**

Free motion quilting is literally FREE, which means that you have total freedom of movement of your fabric on your sewing machine.

This means that forming the stitches is now entirely up to you. You make the stitch by moving the fabric freely under the needle and balancing that movement with the speed of your needle moving up and down.

If you have never done free motion quilting, we suggest that you practise first on a small piece of sandwiched fabric. A good place to start is to sew lines in different directions, then little curls or swirls, and maybe try and write your name.

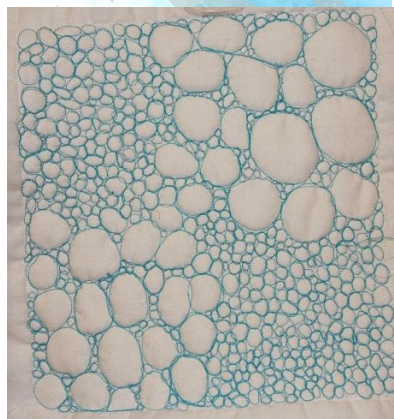
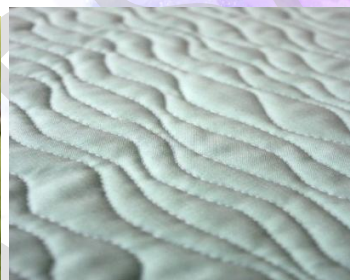
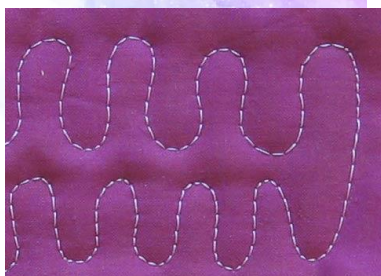


You can also draw a design with a marking pen/pencil on the fabric and follow those lines.

Use the pictures and diagrams and follow the stitching lines with your pen/pencil and then try it out on the fabric.

It is not going to be perfect the first time, but practise makes perfect, and you need to be kind to yourself when you try it for the first time.

There are such a variety of free motion patterns such as lines, where you can move the fabric up and down, or sideways. Loops, curvy lines or waves, swirls, meandering – which is one of the most popular free motion designs, circles / pebbles, parsley, feathers, etc.



### Here are a few hints and tips to get you going

- Use the correct presser foot to allow you to move the fabric freely under the needle in any direction.
- Keep your pace steady. While free motion stitching, the fabric is constantly in motion under the needle. Sometimes, while moving the fabric, the needle is bent slightly – just enough to prevent the machine from making a proper stitch. This can result in skipped stitches and possibly frayed or broken thread.
- Slow down while moving the fabric under the needle and aim for a steady pace to create more even stitches and reduce the risk of skipping stitches or broken threads.

- Using the Bernina BSR foot will definitely help you a great deal to achieve this. Keep in mind that the BSR are only compatible with the Bernina 5 to 8 series machines.
- Use the correct needle for the fabric.
- Momentum – the speed of the needle moving in and out the fabric will also affect your free motion stitching. If the needle movement is too slow, it can result in skipped stitches and broken thread. Remember that the speed you stitch at and pace that you move the fabric, must coincide.
- Draw the design lines on paper and practise sewing the lines on the paper without threading the machine.

Practise, practise, practise!! Once you master the free motion technique, you can literally do any design on your fabric.

**Well done, you have made it!!**

**Now you are ready for the next challenge!**

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